

# Egg Sandwich



## INGREDIENTS

## QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Wholemeal toast bread (38g/slice)	10 slices	20 slices	20 slices
Catering spread	25 g	50 g	50 g
Mayonnaise	25 g	50 g	50 g
Egg	6 eggs	12 eggs	12 eggs
Lettuce (whole - approx 570g)	¼ lettuce	½ lettuce	½ lettuce
Cucumber (whole - approx 250g)	0.6 pieces	1.2 pieces	1.2 pieces
Edam cheese, grated	50 g	100 g	100 g
Fruit - mandarin (approx 80g each)	10 pieces	10 pieces	10 pieces
Hidden Vege Brownie (40g each)	0	0	10 pieces

## DIRECTIONS

1. Cook eggs in boiling water until hard boiled - about 9-10 minutes. Run under cold water until cool.
2. Trim, wash and shred lettuce.
3. Peel eggs and mash with mayonnaise.
4. Lay out bread slices and spread one side with catering spread.
5. Assemble sandwich with egg mix, shredded lettuce, cucumber slices, and grated cheese.
6. Finish by adding top slice of bread and cut into halves.

**SERVES 10  
FOR EACH YEAR GROUP**

\$

### COST PER SERVE

YRS 0-3: \$ 1.34

YRS 4-8: \$2.32

YRS 9+: \$2.76



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Healthy School Lunches Programme

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# Egg Sandwich continued...

## GILMOURS PRODUCT INFO

**\*\*products & pricing valid as at 19/2/26 and subject to change\*\***

PRODUCT DESCRIPTION	PACK SIZE	PRICE
WHOLEMEAL TOAST SLICE BREAD - estimate	1 LOAF (17 slices)	\$3.69
GILMOURS CANOLA SPREAD	4 KG	\$15.10
GILMOURS MAYONNAISE	5 L	\$17.55
GILMOURS EGG BARN SIZE 6	90 EGGS	\$49.18
LETTUCE	EA	\$3.08
CUCUMBER TELEGRAPH	EACH	\$4.21
ALPINE CHEESE EDAM GRATED	5 KG	\$74.16
MANDARIN	PER KG	\$4.45
ORIG FOOD SLAB HIDDEN VEGE BROWNIE (40g/slice)	40 PK	\$17.55

## NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
<b>Total Meal Weight (g)</b>	<b>185</b>	<b>290</b>	<b>329</b>
Vegetables (g)	28	55	55
Protein Food (g)	34	68	68
Grain Food & Starchy Veg (g)	38	76	116

## RECIPE TIPS

- Year 0-3 portions can be cut into halves again to make small triangles.
- To save time buy pre-prepared vegetables instead of whole vegetables.
- Consider boiling and mashing eggs a day ahead to save time.

## PORTIONING GUIDANCE

Measure out filling ingredients for one sandwich to visually guide your portioning.

A full sandwich includes about 65g (3 Tbsp) egg mix, 25g shredded lettuce, 30g cucumber and 10g (2 tsp) grated cheese.

**YRS 0-3:** One half sandwich served with at least 80g of seasonal fruit.

**YRS 4-8:** One full sandwich served with at least 80g of seasonal fruit.

**YRS 9+:** One full sandwich served with at least 80g of seasonal fruit and one brownie.

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## SPECIAL DIET SUBSTITUTION IDEAS

**Vegetarian:** No substitution required

**Vegan:** Use plant-based mayo and replace egg with tofu/tempeh

**Gluten-free:** GF bread and mayo

**Dairy-free:** DF cheese and mayo

**Halal:** No substitution required

**Egg-free:** Replace egg with ham and use egg-free mayo.