

Ham & Cheese Salad Sandwich



INGREDIENTS

QUANTITIES

	Yrs 0-3	Yrs 4-8	Yrs 9+
Wholemeal toast bread (38g/slice)	10 slices	20 slices	30 slices
Catering spread	25 g	50 g	75 g
Mayonnaise	25 g	50 g	75 g
Ham	250 g	500 g	750 g
Lettuce (whole - approx 570g)	¼ lettuce	½ lettuce	¾ lettuce
Edam cheese slices	100 g	200 g	300 g
Carrots	250 g	250 g	0
Fruit - mandarin (approx 80g each)	10 pieces	10 pieces	10 pieces

**SERVES 10
FOR EACH YEAR GROUP**

\$

COST PER SERVE

YRS 0-3: \$ 1.26

YRS 4-8: \$2.05

YRS 9+: \$2.72

DIRECTIONS

1. Trim, wash and shred lettuce.
2. Prepare bread with 1 tsp catering spread on one slice and 1 tsp mayonnaise on the other.
3. Assemble sandwich with lettuce, ham and one cheese slice.
4. Finish by adding top slice of bread and cut into halves.
5. Prepare carrot sticks and serve alongside sandwiches for year 1-8 students.



Ham & Cheese Salad 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	LOAF (17 slices)	\$3.69
GILMOURS CANOLA SPREAD	4 KG	\$15.10
GILMOURS MAYONNAISE	5 L	\$17.55
HUTTONS SHAVED MANUKA SMOKED HAM	PER KG	\$11.86
LETTUCE	EA	\$3.08
ALPINE NATURAL CHEESE EDAM SLICES	1 KG	\$17.98
PAMS CARROTS	1.5 KG	\$4.86
MANDARIN	PER KG	\$4.45

NUTRITION STANDARDS SUMMARY

	YRS 0-3	YRS 4-8	YRS 9+
Total Meal Weight (g)	193	281	327
Vegetables (g)	33	45	38
Protein Food (g)	35	70	80
Grain Food & Starchy Veg (g)	38	76	114

RECIPE TIPS

- Year 0-3 portions can be cut into halves again to make small triangles.
- Add grated carrot instead of carrot sticks if students enjoy these in their sandwich.

PORTIONING GUIDANCE

Weigh out ingredients for a 'reference' wrap to visually guide portioning:

- 2 slices bread - 1 tsp of catering spread on 1 slice and 1 tsp of mayonnaise on the other slice
- 20g cheese
- 50g ham
- 25g lettuce

YRS 0-3: One half sandwich served with 20g of vege sticks and 80g of seasonal fruit.

YRS 4-8: One full sandwich served with 20g of vege sticks and 80g of seasonal fruit.

YRS 9+: One and a half sandwiches with 80g of seasonal fruit.

SPECIAL DIET SUBSTITUTION IDEAS

Vegetarian: Replace ham with egg

Vegan: Use plant-based options

Gluten-free: GF bread and mayo

Dairy-free: DF cheese

Halal: Replace ham with egg or Halal-certified chicken

Egg-free: Egg-free mayo