

Chicken burger wrap



Directions

1. Preheat oven to 180 degrees Celsius.
2. Lay chicken tenders on a baking tray and bake according to instructions.
3. Prepare other filling ingredients.
4. Remove chicken tenders from oven and cut into 65-70g portions for each wrap.
5. Lay out wraps on bench and spread evenly with burger sauce (10g is approximately 2 teaspoons).
6. Add fillings, roll up wraps and slice in half, diagonally.
7. Serve with seasonal fruit of at least 90g.

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Crumbed chicken tender	425g	850g	850g
Tomatoes	50g	100g	100g
10" wholemeal wrap (approx. 70g)	5 wraps	10 wraps	10 wraps
Burger sauce	50g	100g	100g
Carrot, grated	75g	150g	150g
Lettuce, whole (approx. 570g)	¼	½	½
Edam cheese, grated	100g	200g	200g
Mandarin (approx. 90g)	10 pieces	10 pieces	10 pieces



Chicken burger wrap continued...

Special diet substitution ideas

Vegetarian:

- Use plant-based tender.

Vegan:

- Use plant-based tender and cheese.

Gluten/wheat:

- Use gluten/wheat-free chicken tender and wrap.

Dairy:

- Use dairy-free chicken tender and cheese.

Halal:

- Use halal-certified tender.

Soy:

- Use soy-free chicken tenders.

Portioning guidance

Weigh or measure reference plates for each meal size to visually guide your portioning.

	YRS 0-3	YRS 4-8	YRS 9+
Wrap	1 half	2 halves	2 halves
Fruit	90g	90g	90g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	199g	308g	308g
Vegetables (g)	25g	50g	50g
Protein food (g)	68g	68g	68g
Grain food and starchy vegetables (g)	45g	90g	90g

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Pams frozen chicken tenders	1kg
Tomatoes red loose	Per kg
Farrahs 10in wholemeal wraps	12 pack
Loft burger sauce	1kg
Fresh connection carrot grated	1kg
Lettuce	Each
Alpine cheese edam grated	5kg
Mandarin	Per kg

Allergens



gluten/wheat, dairy, soy.

Disclaimer: Check ingredient labels for specific allergens as products can change without notice and 'may contain' allergens not listed here.

Tips



- Save money by buying whole vegetables and using a food processor to grate and chop.