

Ham and cheese salad sandwich



SERVES
10

Directions

1. Trim, wash and shred lettuce.
2. Prepare bread with 1 teaspoon catering spread on one slice and 1 teaspoon mayonnaise on the other.
3. Assemble sandwich with 20g lettuce, 50g 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.

Ingredients

Quantities

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



Ham and cheese salad sandwich continued...

Special diet substitution ideas

Vegetarian:

- Replace ham with egg.

Vegan:

- Use plant-based options.

Gluten:

- Use gluten-free bread and mayonnaise.

Dairy:

- Replace cheese with dairy-free cheese.

Halal:

- Replace ham with egg or Halal-certified chicken.

Egg:

- Use egg-free mayonnaise.

Soy:

- Use soy-free bread and catering spread.

Portioning guidance

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

| | YRS 0-3 | YRS 4-8 | YRS 9+ |
|---------------|------------|------------|----------------|
| Sandwich | ½ sandwich | 1 sandwich | 1 ½ sandwiches |
| Carrot sticks | 20g | 20g | 0 |
| Fruit | 80g | 80g | 80g |

Nutrition standards

| | 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 and starchy vegetables (g) | 38 | 76 | 114 |

Gilmours product information

| PRODUCT DESCRIPTION | PACK SIZE |
|----------------------------------|--------------------|
| Wholemeal toast slice bread | 1 loaf (17 slices) |
| Gilmours catering spread | 4kg |
| Gilmours mayonnaise | 5L |
| Huttons shaved manuka smoked ham | Per kg |
| Lettuce | Each |
| Alpine cheese edam slices | 1kg |
| Pams carrots | 1.5kg |
| Mandarin | Per kg |

Allergens



gluten/wheat, dairy, egg, soy.

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

Tips



- Years 0 to 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.