

Bacon and salad sandwich



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Bacon pieces (HSR 2 or over)	500g	833g	833g
Lettuce	100g	200g	200g
Carrots, grated	100g	200g	200g
Avocado pulp	100g	200g	200g
Lemon juice	7.5ml	15ml	15ml
Wholemeal toast bread (32g per slice)	15 slices	30 slices	30 slices
Mayonnaise	100g	200g	200g
Apples	800g	800g	800g
Hidden Vege brownie	0	0	400g

Directions

1. Preheat oven to 220 degrees Celsius.
2. Spread bacon evenly over roasting trays.
3. Cook bacon in oven for approximately 15 minutes or until it begins to crisp around the edges, remove from oven and cool.
4. Drain fat from trays and discard.
5. Finely shred lettuce and mix with grated carrot.
6. Mix avocado pulp with lemon juice.
7. Spread avocado on 1/3 of the bread slices.
8. Spread mayonnaise on 1/3 of the bread slices.
9. Place 40g of lettuce and carrot mix on the bread with mayonnaise.
10. For years 0-3, place 60g of bacon on the bread with avocado.
11. For years 4-8 and 9+, place 50g of bacon on the bread with avocado.
12. Stack these pieces of bread on top of each other then top with the third slice of bread.
13. Press each sandwich gently then cut in half.
14. Core and cut apples into quarters.



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Bacon and salad sandwich continued...

Special diet substitution ideas

Vegetarian:

- Replace bacon with boiled egg.

Vegan:

- Replace bacon with crispy grilled tempeh or other plant-based option. Use vegan mayonnaise. Replace Hidden Vege brownie with vegan baked item.

Egg:

- Use egg-free mayonnaise. Replace Hidden Vege brownie with egg-free baked item.

Gluten:

- Use gluten-free bread and mayonnaise. Replace Hidden Vege brownie with gluten-free baked item.

Wheat:

- Use wheat-free bread. Replace Hidden Vege brownie with extra wheat-free bread.

Dairy:

- Replace Hidden Vege brownie with dairy-free baked item.

Halal:

- Replace bacon with halal-certified cooked chicken or beef.

Soy:

- Make sure bread and mayonnaise are soy-free.

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 sandwich
Apple	80g	80g	80g
Hidden Vege brownie	0	0	1 piece

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	197	304	344
Vegetables (g)	29	57	57
Protein food (g)	30	50	50
Grain food and starchy vegetables (g)	48	96	136

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Colonial flaked bacon	2.5kg
Lettuce	each
Fresh Connection carrot grated	1kg
Edgell avocado pulp frozen	454g
Grove lemon juice	1L
Pams Value wheatmeal toast bread	Loaf (17 slices)
Gilmours mayonnaise	5L
Apples royal gala	Per kg
Original Foods slab hidden vege brownie	40pk

Allergens



egg, 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



- Where possible choose the bacon listed below which is a green item, otherwise choose a bacon with a HSR of at least 2.
- Avocado can be substituted for any other seasonal non-starchy vegetable.
- Replace apple with any other fresh fruit.
- Replace Hidden Vege brownie with other baked item that meets green or amber criteria.