

Chicken sandwich



Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Wholemeal toast bread (38g/slice)	10 slices	20 slices	20 slices
Catering spread	25g	50g	50g
Mayonnaise	50g	100g	100g
Chicken, cooked and shredded	200g	400g	400g
Lettuce (whole - approx 570g)	¼	½	½
Edam cheese, grated	100g	200g	200g
Tomato	150g	300g	300g
Fruit - mandarin (approx 80g each)	10	10	10
Shortbread cookie	0	0	10

Directions

1. Trim, wash and shred lettuce.
2. Mix shredded chicken with mayonnaise in a bowl.
3. Lay out bread slices and spread one side with catering spread.
4. Assemble sandwich with chicken-mayonnaise mixture, lettuce, sliced tomato and cheese.
5. Finish by adding top slice of bread and cut into halves.



Chicken sandwich continued...

Special diet substitution ideas

Vegetarian:

- Replace chicken with egg.

Vegan:

- Replace chicken with plant-based alternative.
- Use vegan mayonnaise.

Gluten:

- Use gluten-free bread, mayonnaise and cookie.

Dairy:

- Use dairy-free cheese and mayo.

Egg:

- Use egg-free mayonnaise.

Halal:

- Use Halal-certified chicken.

Soy:

- Use soy-free cookies.

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	1 half	1 whole	1 whole
Fruit	80g	80g	80g
Cookie	0	0	1 whole

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	186	286	303
Vegetables (g)	28	55	55
Protein food (g)	30	60	60
Grain food and starchy vegetables (g)	38	76	93

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Wholemeal toast slice bread	Loaf (17 slices)
Gilmours canola spread	4kg
Gilmours mayonnaise	5L
Hellers craft shredded roast chicken	1kg
Lettuce	Each
Alpine cheese edam grated	5kg
Tomatoes red loose	Per kg
Mandarins	Per kg
Mrs Higgins Essential cookies shortbread	2kg

Allergens



gluten/wheat, egg, soy, dairy.

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

Tips



- Year 0-3 portions can be cut into halves again to make small triangles.