

Egg sandwich



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Wholemeal toast bread (38g/slice)	10 slices	20 slices	20 slices
Catering spread	25g	50	50
Mayonnaise	25g	50	50
Egg	6 eggs	12 eggs	12 eggs
Lettuce (whole – approx. 570g)	¼ lettuce	½ lettuce	½ lettuce
Cucumber (whole – approx. 250g)	0.6	1.2	1.2
Edam cheese, grated	50	100	100
Fruit - mandarin (approx 80g each)	800	800	800
Hidden Vege Brownie	0	0	400

Directions

1. Cook eggs in boiling water until hard boiled - about 9-10 minutes. Run under cold water until cool.
2. Trim, wash and shred lettuce.
3. Peel eggs and mash with mayonnaise.
4. Lay out bread slices and spread one side with catering spread.
5. Assemble sandwich with egg mix, shredded lettuce, cucumber slices, and grated cheese.
6. Finish by adding top slice of bread and cut into halves.



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Special diet substitution ideas

Vegan:

- Use plant-based mayonnaise
- Replace egg with tofu or tempeh.

Gluten:

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

Dairy:

- Use dairy-free cheese and mayonnaise.
- Replace brownie with dairy-free option.

Egg:

- Replace egg with ham and use egg-free mayonnaise.
- Replace brownie with egg-free baked item.

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 sandwich	1 whole sandwich	1 whole sandwich
Fruit	80g	80g	80g
Brownie	0	0	1 brownie

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	185	290	329
Vegetables (g)	28	55	55
Protein food (g)	34	68	68
Grain food and starchy vegetables (g)	38	76	116

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Wholemeal toast slice bread	1 loaf (17 slices)
Gilmours canola spread	4kg
Gilmours mayonnaise	5L
Gilmours egg barn size 6	90 eggs
Lettuce	Each
Cucumber telegraph	Each
Alpine cheese edam grated	5kg
Mandarin	Per kg
Orig food slab hidden vege brownie (40g per slice)	40 pack

Allergens



wheat/gluten, dairy, egg.

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

Tips



- Year 0 to 3 portions can be cut into halves again to make small triangles.
- To save time, buy pre-prepared vegetables instead of whole vegetables.
- Consider boiling and mashing eggs a day ahead to save time.