

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



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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

Wholemeal toast slice bread

Gilmours catering spread

Gilmours mayonnaise

Huttons shaved manuka smoked ham

Lettuce

Alpine cheese edam slices

Pams carrots

Mandarin

PACK SIZE

1 loaf (17 slices)

4kg

5L

Per kg

Each

1kg

1.5kg

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.