

Fish burger wrap



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Fish bites	750g	750g	1140g
Lettuce	235g	235g	355g
Tomatoes	200g	200g	305g
Tartare sauce	250g	250g	380g
10" wholemeal wraps (approximately 65g)	10	10	15
Cheese, grated	100g	100g	150g
Mandarin (approximately 90g)		10 pieces	

Directions

1. Preheat oven to 200 degrees Celsius.
2. Spread fish bites on oven trays and cook in oven for approximately 20 minutes or until internal temperature reaches 70 degrees Celsius.
3. Wash and shred lettuce.
4. Slice tomatoes.
5. Spread 25g tartare sauce across the centre of each wrap. Add 3 fish bites, 20g lettuce, 20g tomato, and 10g cheese.
6. Fold in the top and bottom edges, roll into a closed wrap, then cut in half to serve.



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Special diet substitution ideas

Vegetarian:

- Replace fish bites with plant-based alternative such as Plan*t vege-to-balls, serve an extra 20g per portion.

Vegan:

- Replace fish bites with plant-based alternative such as Plan*t vege-to-balls, serve an extra 20g per portion.
- Use vegan mayonnaise. Use plant-based cheese.

Dairy (Cow's milk):

- Omit cheese and serve with 20g more salad per wrap.

Egg:

- Use egg-free tartare sauce.

Fish:

- Replace fish bites with chicken tenders.

Soy:

- Use soy-free fish bites.

Gluten (wheat):

- Use gluten-free fish bites, wraps and tartare sauce.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Per portion	1 whole wrap	1 whole wrap	1 ½ wraps
		1 mandarin	

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	208	288	309
Vegetables (g)	40	40	61
Protein food (g)	78	78	112
Grain food and starchy vegetables (g)	65	65	99

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
United Fisheries crumbed NZ fish bites	1kg
Lettuce	Each
	(approximately 570g)
Tomatoes red loose	Per kg
Farrahs 10" wholemeal wrap	12 pack
Gilmours sauce tartare	5L
Red Barn Farms cheese grated	5kg
Mandarin	Per kg

Allergens



dairy (cow's milk), fish, soy, gluten (wheat).

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

Tips



- If your ākongas are not keen on fish, swap fish bites for chicken tenders.
- If tomatoes are not popular with your ākongas, swap them out for grated carrot or sliced cucumber.
- Tartare sauce is a classic fish burger ingredient, but if preferred it can be substituted for tomato sauce or mayonnaise.