

Ham and cheese pasta salad



SERVES
10

Ingredients

Quantities

	YRS 0-3	YRS 4-8	YRS 9+
Dry pasta shapes	360g	500g	625g
Canola oil	32ml	45ml	55ml
Plain unsweetened yoghurt	145g	200g	250g
Lemon juice	18ml	25ml	30ml
Mayonnaise	145g	200g	250g
Tomatoes	125g	175g	220g
Capsicum	125g	175g	220g
Cucumber	125g	175g	220g
Edam cheese, grated	145g	200g	250g
Ham, diced	250g	350g	440g

Directions

1. Bring a large pot of water to a boil and cook pasta for approximately 10 minutes or until just cooked.
2. Drain pasta and rinse under cold water to cool, then mix through oil to prevent sticking.
3. Mix the yoghurt, lemon juice and mayonnaise to make the dressing.
4. Chop tomato, capsicum and cucumber.
5. Mix the dressing, tomato, capsicum, cucumber, cheese and ham through the pasta then serve.



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Special diet substitution ideas

• Vegetarian:

Omit ham. Increase cheese to 40g per serve. Add 20g canned chickpeas per serve for years 9+.

• Vegan:

Replace ham with canned chickpeas or cooked falafel bites in the following quantities per serve- years 0-3: 45g, years 4-8: 60g, years 9+: 75g. Replace yoghurt and egg mayonnaise with vegan mayonnaise. Use plant-based cheese.

• Halal:

Replace ham with halal certified diced roast beef or cooked chicken with HSR's of 2 or above.

• Dairy (Cow's milk):

Replace yoghurt with extra mayonnaise. Omit cheese and serve extra ham (total serve- years 0-3: 30g, years 4-8: 40g, years 9+: 50g).

• Egg:

Use egg-free mayonnaise.

• Soy:

Use soy-free mayonnaise.

• Gluten (Wheat):

Use gluten-free pasta.

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	Serve about 191g	Serve about 267g	Serve about 334g

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	191	267	334
Vegetables (g)	35	50	62
Protein food (g)	39	55	69
Grain food and starchy vegetables (g)	83	116	144

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Turkman pasta penne rigate	5kg
Value canola oil	3L
De Winkel plain unsweetened yoghurt	1kg
Grove lemon juice	1L
Gilmours real mayonnaise with egg	2L
Tomatoes red loose	Per kg
Capsicum red	Each
Cucumber telegraph	Each
Alpine cheese edam grated	5kg
Beehive Premier ham diced	1kg

Allergens



diary (cow's milk), egg, gluten (wheat).

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

Tips



- Use any seasonal non-starchy vegetables.
- Swap the ham for any other cooked meats such as roast beef or smoked chicken with a HSR of 2 and above to meet the nutrition guidelines.