Recipe Version 1.1
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Chicken and bacon Caesar salad wrap



SERVES 10

Ingredients

Ingredients	Quantities		
	YRS 0-3	YRS 4-8	YRS 9+
Bacon pieces	165g	165g	250g
Cucumber	230g	230g	350g
Lettuce	250g	250g	375g
Chicken breast, cooked and sliced	300g	300g	450g
Carrot, grated	150g	150g	225g
Parmesan cheese, shaved	33g	33g	50g
Mayonnaise	170g	170g	250g
Lemon juice	17ml	17ml	25ml
Wholemeal wraps	10	10	15
Bananas	0	10	5

Directions

Prepare ingredients

1. Preheat oven to 200 degrees Celsius.
2. Spread bacon evenly onto roasting trays.
3. Cook for approximately 15 minutes, or until lightly crisp and cooked through.
4. Remove from oven and allow to cool.
5. Slice cucumber.
6. Shred lettuce.

Make the dressing

1. Combine mayonnaise and lemon juice until well mixed.

Make the filling

1. Place the cooled bacon, cucumber, lettuce, chicken, grated carrot and parmesan into a large bowl.
2. Add the dressing and mix until evenly coated.

Assemble wraps

1. Place about 130g of filling in the centre of each wrap.
2. Fold in the top and bottom edges.
3. Roll tightly to form a closed wrap.
4. Cut each wrap in half.

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Special diet substitution ideas

Vegetarian:

- Omit the chicken and bacon. Add 25g grated edam cheese and 25g cooked falafel to each wrap.

Vegan:

- Omit the chicken, bacon and parmesan cheese. Replace with 60g cooked falafel per wrap. Use vegan mayonnaise.

Halal:

- Omit bacon. Add 10g more of halal certified chicken per wrap.

Dairy (Cow's milk):

- Omit parmesan cheese.

Egg:

- Use egg-free mayonnaise.

Soy:

- Use soy-free mayonnaise.

Gluten (wheat):

- Use gluten free wraps.

Portioning guidance

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

	YRS 0-3	YRS 4-8	YRS 9+
Wrap	1	1	1 1/2
Banana	0	1	1/2

Nutrition standards

	YRS 0-3	YRS 4-8	YRS 9+
Total meal weight (g)	**194**	**306**	**347**
Vegetables (g)	59	59	89
Protein food (g)	43	43	65
Grain food and starchy vegetables (g)	65	65	98

Gilmours product information

PRODUCT DESCRIPTION	PACK SIZE
Colonial bacon pieces	2.5kg
Cucumber telegraph	each
Lettuce	Each (approx. 570g)
Tegel chicken breast sliced cooked	1kg
Fresh Connection carrot grated	1kg
Eclipse cheese parmesan shaved	1kg
Gilmours real mayonnaise with egg	2L
Grove lemon juice	1L
Farrah's 10in wholemeal wraps	12pk
Bananas	Per kg

Allergens

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

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

Tips

- Make these wraps as close to serving as possible as the lettuce will wilt over time.
- This wrap is also great with boiled egg, croutons and avocado added.
- If your ākonga don't like parmesan, replace with edam or another cheese.
- Use any seasonal fruit available instead of banana.