

Sandwich Selection

Serves 10

Ingredients	
10 slices white bread	200g carrots, peeled and cut into batons
10 slices granary bread	200g cucumber, cut into batons
100g unsaturated spread	

Fillings: serve a selection of at least three different fillings

- **Egg mayonnaise:** 3 hardboiled eggs, mashed with 2 tbsp (30g) mayonnaise and (40g) of chopped spring onions
- **Tuna mayonnaise:** 200g can of tuna in spring water, combined with 2 tbsp (30g) mayonnaise and 100g chopped cucumber
- **Houmous, grated carrot and raisin:** Make hummus, 200g chickpeas in water, drained and blended with 2 cloves (12g) peeled garlic and 30-40g olive oil. Mix 100g peeled grated carrot with 40g raisins.
- **Cream cheese and pineapple:** 300g full fat cream cheese combined with 150g canned, crushed pineapple in natural juice
- **Chicken and guacamole and tomato:** Make guacamole, 1 large (220g) ripe avocado, peeled and stone removed. Blend avocado flesh with 1 tbsp (15g) lemon juice, 100g chopped tomato, 1 tsp (6g) paprika and 1 (10g) finely chopped spring onion. Spread guacamole on 1 slice of bread and top with 40-50g cooked chicken breast.
- **Chicken and sweet corn:** Mix 200g chopped, cooked chicken breast with 2 tbsp (30g) mayonnaise and 150g canned sweet corn.
- Serve 3 sandwich quarters with 40g carrot and cucumber sticks



4

- ✓ FOR WHEAT FREE DIETS, SERVE WHEAT FREE BREAD
- ✓ FOR DAIRY FREE DIETS, OMIT CREAM CHEESE AND USE DAIRY FREE CREAM CHEESE
- ✓ FOR EGG FREE DIETS, DO NOT SERVE EGG MAYONNAISE SANDWICHES. FOR OTHER SANDWICHES, OMIT MAYONNAISE AND REPLACE WITH HEINZ SALAD CREAM.
- ✓ FOR VEGETARIAN DIETS SERVE HUMUS, GRATED CARROT AND RAISIN, CREAM CHEESE AND PINEAPPLE FILLINGS, EGG MAYONNAISE PERMITTED (IF EGGS EATEN)

Nutrition analysis per serving

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
194	8.5	5.3	29	0.3	0.8	1.3	101