

# Recipe: Egg Mayonnaise Salad

No. of Portions: **1** | Portion size: **295g**

Calories per portion: **413** | Protein per portion: **15g**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Lettuce (Chopped)	g	50
Tomato (Sliced)	g	40
Cucumber (Sliced)	g	30
Peppers (Rings)	g	20
Onion (Chopped)	g	10
Bread Roll	g	50
Butter	g	10
Egg (1.5 Boiled Eggs)	g	75 (1.5 Boiled eggs)
Mayonnaise	g	10

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## Method

1. Mix salad ingredients, egg and mayonnaise together in a bowl and place on plate.
  2. Spread butter on the roll.
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# Recipe: Smoked Mackerel Salad

No. of Portions: **1** | Portion size: **295g**

Calories per portion: **516** | Protein per portion: **21g**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
<b>X</b>					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Lettuce (Chopped)	g	50
Tomato (Sliced)	g	40
Cucumber (Sliced)	g	30
Peppers (Rings)	g	20
Onion (Chopped)	g	10
Bread Roll	g	50
Butter	g	10
Smoked Mackerel	g	85

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## Method

1. Mix salad ingredients and smoked mackerel together in a bowl and place on plate.
  2. Spead butter on the roll.
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# Recipe: Ham Salad

No. of Portions: **1** | Portion size: **322g**

Calories per portion: **456** | Protein per portion: **32g**

approx. Cost per portion: **unknown**

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## Allergen information

**Please note:** This information relates to the purposely included allergens within the ingredients. Any reference to "may contain" is as a result of products being susceptible to cross contamination. Any further risk of cross contamination should be considered as part of local production and tailored allergen information should be used accordingly.

<b>Cereals Containing Gluten</b>	<b>Crustaceans</b>	<b>Egg</b>	<b>Fish</b>	<b>Peanuts</b>	<b>Soybeans</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Milk</b>	<b>Nuts</b>	<b>Celery</b>	<b>Mustard</b>	<b>Sesame</b>	<b>Sulphur Dioxide</b>
Unknown	Unknown	Unknown	Unknown	Unknown	Unknown
<b>Lupin</b>	<b>Molluscs</b>				
Unknown	Unknown				

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## Dietary information

<b>Vegetarian option</b>	<b>High energy option</b>	<b>Soft option</b>	<b>Healthy option</b>	<b>Lower potassium option</b>	<b>Texture option</b>
					<b>X</b>

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## Ingredients

<b>Ingredient</b>	<b>Unit</b>	<b>Quantity</b>
Lettuce (Chopped)	g	50
Tomato (Sliced)	g	40
Cucumber (Sliced)	g	30
Peppers (Rings)	g	20
Onion (Chopped)	g	10
Bread Roll	g	50
Butter	g	10
Ham (Cooked)	g	112

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## Method

1. Mix salad ingredients and ham together in a bowl and place on plate.

2. Spread butter on the roll.

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