

Sandwich, roll and wraps ideas for school canteens

Freshly prepared, tasty, and nutritious sandwiches, rolls and wraps can add variety to your menu and be profitable. To increase sales try to offer something different in your canteen than that can be bought from home.

Greening your fresh sandwiches, rolls and wraps

- Offer a variety of wholemeal, grain or white high fibre breads, rolls, foccacias, pides, wraps and mountain breads
- Use a low saturated fat and low salt spread (National Heart Foundation approved) minimally and only if required
- Try to include 3 or more types of fruit and vegetable salad ingredients either fresh or canned (use what is fresh in season to reduce costs)

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|-----------------|------------------------|
| ○ Lettuce | ○ Roasted pumpkin |
| ○ Tomato | ○ Roasted zucchini |
| ○ Grated carrot | ○ Roasted sweet potato |
| ○ Capsicum | ○ Roasted capsicum |
| ○ Beetroot | ○ Red cabbage |
| ○ Sprouts | ○ Green cabbage |
| ○ 3 bean mix | ○ Baked beans |
| ○ Cucumber | ○ Hummus |
| ○ Avocado | ○ Corn kernels |
| ○ Salad onion | ○ Creamed corn |
| ○ Sultanas | ○ Sliced mushroom |
| ○ Pineapple | ○ Banana |

Tip: Prepare a tray of roasted vegetables in advance and then refrigerate

- Use lean meats like ham, cold roast meats, chicken and turkey
- Use tuna and salmon canned in spring water
- Use reduced fat cheeses e.g. reduced fat cheddar, mozzarella, light cream cheese, ricotta and cottage



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- Add flavour with low salt and fat varieties of mayonnaise, dressings, chutneys, cranberry sauce, pesto and other condiments as required.

Tip: Use mayonnaise, hummus, mashed avocado, soft cheeses and pesto instead of margarine

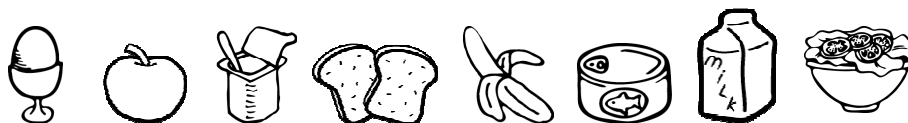
Greening your toasted and hot sandwiches, rolls and wraps

- Use wholemeal, grain or white high fibre breads where possible
- Try these combinations in bread, rolls and wraps in the oven or in a sandwich press;
 - Tomato, cheese and ham
 - Pineapple, cheese and ham
 - Creamed corn, cheese and chicken
 - Creamed corn and cheese
 - Salsa, baked beans and cheese
 - Baked beans and cheese
 - Lean grilled lean bacon, lettuce and tomato
 - Roasted pumpkin, capsicum and hummus
 - Hot roast beef, lettuce, tomato and chutney
 - Sliced apple, sultana and ricotta cheese in fruit bread

Tip: Use only a small amount of low saturated fat and low salt spread (National Heart Foundation approved)

Ready to eat lines

- Fill burger buns, wraps and rolls with salad and your choice of oven heated lines*, try them lightly toasted in a sandwich press
 - Oven baked chicken strip with lettuce, tomato, carrot, topped with salsa in a wrap or roll
 - Meatballs with a tomato & pineapple sauce on shredded lettuce in a roll



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- Crumbed fish, light tarter sauce, shredded lettuce, tomato and grated carrot in a wrap or roll
- Taco Mince, red kidney beans, corn, lettuce, & cucumber in a wrap or roll
- Chicken nuggets in a roll with grated carrot, lettuce and tomato with mayonnaise

Make a colourful display

- For over counter sales use a refrigerator cabinet to display filled sandwiches, rolls and foccacias at eye level
- Wrap sandwiches, rolls and wraps in paper tied with string, paper bags or plastic wrap
- Have hot items ready to go in “pie warmer”
- If making sandwiches and rolls on request have fillings on display
- Name your lines with fun names

More sources for ideas

Web based Resources:

<http://www.schoolcanteens.org.au/category/10/recipes> (sourced September 2009)

<http://www.qast.org.au> (sourced September 2009) –click on fact sheets/ recipe ideas link

do not use if school is nut free

**For accreditation purposes these items will be assessed under ready to eat section*



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Caesar Roll

- Turkish pita or Pide bread
- Cos or iceberg lettuce shredded
- Lean ham chopped
- Boil egg chopped
- Cheese shaved or grated
- Light Caesar dressing

Split roll, spread one half with dressing and then fill. Try it light toasted in a sandwich press.

Roasted Vegetable Wrap

- Wrap or mountain bread
- Choice of Roasted pumpkin, roasted zucchini, roasted sweet potato, roasted capsicum
- Hommus
- Lettuce or baby spinach

Spread wrap with hommus, fill with slices of roasted vegetables and lettuce and then roll. Try it lightly toasted in a sandwich press.

Chicken and Pesto Foccacia

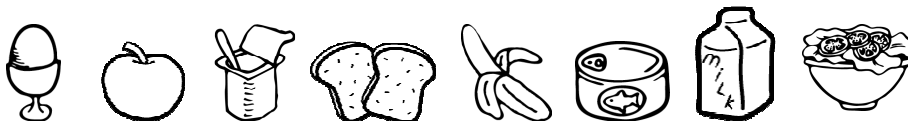
- Foccacia or Pide bread
- Diced or shredded cooked chicken
- Avocado
- Lettuce
- Tomato
- Basil or sun dried tomato pesto

Split roll and lightly spread with pesto on one side and mashed avocado on the other. Fill with chicken, lettuce, tomato.*

Cream corn, chicken and cheese toastie

- Cooked chicken shredded or diced
- Cream corn
- Grated reduced fat cheese
- ½ long roll

Top split roll with cream corn, chicken and cheese and lightly grill



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