

Chicken Sandwich

Allergens – **Gluten**

Ingredients

Quantity	Ingredient
800 g	Uncooked Chicken Breast
10 g	Sunflower Spread
1600 g	Whole meal Bread (Medium sliced) (contains Wheat & possible traces of Barley, Oat or Rye)



Method

1. Cook chicken to 75°C core temperature and cool for a maximum of 1 hour according to Food Safety Management system.
2. Slice the chicken, spread bread with sunflower spread and make up into sandwiches.
3. Store chilled until ready to serve.

Nutritional Content for 40g Chicken Mayonnaise + bread

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 208.1	= 2.4	= 0.7	= 1.2	= 0.8	= 29.0

Portion size - Primary – 45g filling + bread