

Gammon & Pineapple Salad

Allergens - **Milk**

Ingredients

Quantity	Ingredient
1.5 kg	Honey Roast Ham
500g	Lettuce
675g	Tomatoes
200g	Cucumber
20	Pineapple Rings (in juice)



Method

1. Wash and prepare salad ingredients and arrange in serving dish.
2. Arrange sliced gammon and pineapple attractively in serving dish.
3. Serve up the salad with the gammon and pineapple.

Note

Additional salad ingredients can be added e.g. sliced peppers, grated carrots, sliced red onion etc.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 72	= 2.2	= 0.7	= 3.6	= 1.13	= 3.6

Portion size - Primary – 140g Academy – 190g

Reviewed April 2018