

Duo of Melon & Pineapple

Allergens – N/A

Ingredients

Quantity	Ingredient
1.7 kg	Pineapple
1.8 kg	Honeydew Melon

Method

1. Prepare pineapple by removing the skin and core. Cut fruit into 50g pieces.
2. Prepare melon by cutting into 50g wedges and removing seeds.
3. Serve one piece of each fruit to accompany the mini shortbread finger.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 45	= 0.2	= 0	= 11.	= 0.00	= 11.

Portion size - Primary – 100g

Reviewed April 2018