

Fruit Platter

Allergens – N/A

Ingredients

Quantity	Ingredient
1.8kg	Pineapple (fresh)
2kg	Honeydew Melon (fresh)
10	Oranges – medium sized

Method

1. Prepare oranges by cutting into quarter leaving the peel on.
2. Prepare melon by slicing into 100g unskinned wedges and remove seeds.
3. Prepare pineapple by slicing into 90g unskinned wedges.

Note – Display the fruit in attractive manner and offer each child one piece of melon, on piece of Pineapple and 2 quarters of an orange. Portion should equate to 150g-160g and can consist of any combination requested.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 72.5	= 0.3	= trace	= 17.3	= 0.0	= 17.3

Portion size - Primary – 150g-160g