

Fruit Salad

Allergens – N/A

Ingredients

Quantity	Ingredient
500g	Apples (Green / Red) x 4
250g	Pears (Fresh) x 3
500g	Satsuma x 3
150g	Kiwi Fruit x 3
200g	Grapes (Green / Black Seedless)
300g	Tinned Pineapple (in Juice) or any combination of fresh fruit weighing approximately 2000g.
560ml	Orange Juice



Method

1. Wash the apples, pears and grapes.
2. Remove cores from the apples and pears. Peel and deseed the satsumas. Peel the kiwi fruit.
3. Slice the apples, pears and kiwi fruit. Segment the satsumas and place all the fruit into a bowl.
4. Halve the grapes and add to the fruit mixture.
5. Add the canned pineapple with its juice, and the orange juice, mix well and chill.

Note - The Primary portion size may be reduced for younger or more reluctant children but should be served a minimum of 65g. Additional Orange Juice can be added if required.

Nutritional Content per 100g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 60.4	= 0.1	= 0	= 13.6	= 0.0	= 13.6

Portion size - Primary – 100g

Reviewed April 2018