

Cheese & Pineapple Salad

Allergens - **Milk**

Ingredients

Quantity	Ingredient
800 g	Mild Cheddar Cheese
500 g	Lettuce
675 g	Tomatoes
200 g	Cucumber
1 kg	Pineapple Rings (in juice)



Method

1. Grate the cheddar cheese and refrigerate.
2. Wash and prepare salad ingredients and arrange in serving dish.
3. Arrange the cheese and pineapple in a separate serving dish.
4. Serve up the salad along with the cheese and pineapple.

Nutritional Content per 140g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 130.7	= 10.3	= 6.5	= 1.9	= 0.5	= 1.9

Portion size - Primary – 140g