



SANDWICHES, WRAPS, ROLLS & SALADS

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Fresh sandwiches, rolls and wraps can be:

- filling and nutritious
 - quick to prepare
 - a canteen 'best seller' if priced appropriately and well presented
 - profitable for the canteen
 - more interesting than what it is possible to carry in a lunchbox from home.

Fresh sandwiches, rolls and wraps can hold their own against any other fast food.

Add variety to sandwiches, rolls and wraps by:

- using a variety of different breads
 - serving fresh or toasted
 - cutting into different shapes
 - using an assortment of different colourful fillings.

Customers need to see the contents to spark their interest.
Use colourful fresh ingredients.

Salads can offer:

- a delicious meal on their own
- an interesting combination of flavours and textures.

Add more nutrition and interest to salads with lean cold meats, tinned fish (tuna or salmon), hard boiled eggs, cheese or legumes such as chickpeas or mung beans.

For ideas on breads and fillings and a Quantity Guide, refer to page 56 of the *Fresh Tastes Tool Kit*.

**Attention to presentation,
packaging and positioning is
crucial to successful sales of
sandwiches, rolls, wraps and salads.**

SANDWICHES, WRAPS, ROLLS & SALADS

Successful sandwich, wrap, and roll preparation

- Use fresh bread for sandwich preparation each day.
- Prepare fresh sandwich ingredients each day.
- Spread with poly or monounsaturated margarine or mayonnaise, reduced-fat cream cheese or avocado. For extra tang try pesto or sun-dried tomato paste or hommus.

TIP

Use a food slicer to speed up the process and ensure consistency in portion size. Lettuce can be shredded, tomatoes and cheese sliced to a consistent thickness, cold meats sliced etc.

STORING AND PREPARING BREAD-BASED FOODS

- Do not refrigerate bread. Bread can be frozen but make sure it is well wrapped to prevent it drying out.
- Keep breads covered – if you are pre-preparing rolls put them back in their bag to maintain freshness.
- When making large quantities of sandwiches and stacking the bread, use the crust to keep the top layer from drying out.



Salads

Most salads comprise:

- a base of salad greens (usually crisp lettuce – experiment with different varieties in season)
- other ingredients that make up the main part of the salad, and
- a tangy low fat dressing added for both flavour and moisture. It is best to add the dressing just before serving or provide the dressing separately for the customer to add.

There are many different types of salads that may be popular in your canteen. These include: Tabouli, Greek, Caesar, Thai beef, pasta and chargrilled vegetable salad.

Organisation

Organisation and workflow are the key to smooth, quick sandwich, roll, wrap and salad preparation. Wash and cut up all ingredients needed before putting the items together. See pages 39 & 40 of the *Fresh Tastes Tool Kit* for more information.



Washing

- Wash all salad ingredients thoroughly in cold water.
- Separate leaves and drain in a colander and dry with paper towel.

Cutting

- Use a sharp knife for all food preparation.
- Slice foods evenly in advance eg tomatoes, cheese and meats.
- Prepare all other vegetables by peeling (if needed) slicing or chopping.



TIP

When preparing salad ingredients leave them in reasonably large bite sized pieces so the quality is maintained and the salad is easier to eat.

Food Safety

- Sandwiches, rolls, wraps and salads need to be displayed safely (eg well covered in clear food wrap). Refer to the Food Safety and Hygiene section for more tips on storing and serving these foods.



RECIPE

RECIPE/MENU ITEM



Bean Submarine Roll

Total cost of ingredients	\$ 15.75
Number of serves	10
Cost per serve	\$ 1.58
Selling price per serve	\$ 2.50
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Red kidney beans (tinned), rinsed and drained	420g	1	47	Mix beans, corn, onion, carrot, cheese and taco sauce in a bowl. Split rolls along one side and press bread down slightly. Spoon bean mixture evenly into each roll. Wrap in foil. Bake in 180°C oven for 10 minutes.
Sweet corn kernels (tinned) and drained	420g	1	46	
Spring onion, sliced	3		58	
Carrot, large, grated	1		47	
Cheese, reduced fat, grated	250g	2	22	
Taco sauce, mild	200ml	2	55	
Bread rolls, wholemeal	10	6	00	
Foil and bag		1	00	

NOTES:

(Source: Heart Foundation www.heartfoundation.com.au or 1300 362 787)

RECIPE

RECIPE/MENU ITEM

Tuna Pasta Salad



Total cost of ingredients	\$ 17.35
Number of serves	14
Cost per serve	\$ 1.24
Selling price per serve	\$ 4.00
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Tri-coloured pasta spirals	500g	2	10	Cook pasta al dente, drain and cool. Combine capsicum, celery, onion, parsley, corn, tuna, mayonnaise and lemon juice in a large bowl. Add pasta and mix lightly to combine.
Red capsicum, diced	1	1	37	
Green capsicum, diced	1		96	
Celery, stalks, sliced	3		45	
Red onion, diced	2	1	02	
Parsley, chopped	1 bunch	1	33	
Sweet corn kernels (tinned) and drained	420g	1	46	
Tuna in springwater	425g	4	44	
Mayonnaise, low fat	2 cups	2	85	
Lemon, juiced	1		39	
Pepper, to taste				
Round container	14		98	

NOTES:

RECIPE

RECIPE/MENU ITEM

Caesar Salad



Total cost of ingredients	\$ 22.52
Number of serves	24
Cost per serve	\$ 0.94
Selling price per serve	\$ 3.50
Date last reviewed	June 2005

RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Lettuce, cos	2	3	86	Roughly chop lettuce. Place in individual containers.
Lettuce, iceberg	1	1	98	
Eggs	1 dozen	3	83	Boil eggs, cool, peel, cut into quarters lengthwise.
Lean diced ham	360g	5	37	Place egg, ham and parmesan on top of lettuce in each container.
Parmesan cheese, shredded	200g	2	98	
Caesar salad dressing, reduced fat	300ml	2	82	Drizzle salad dressing over.
Round container	24	1	68	

NOTES: Variation – add sliced cooked chicken breast.
Caesar salad dressing can be served separately in individual portions.