

This at-a-glance guide will help you to plan and prepare for bulk quantities of common sandwich fillings, and standardise your serving sizes.

Where possible choose reduced fat, reduced salt, and/or no added sugar varieties of products.

Ingredient	Quantity for 1 sandwich/roll	Quantity for 10 sandwiches/rolls	Quantity for 50 sandwiches/rolls
Salad vegetables			
Carrot, grated	1 tablespoon	2 medium	8 medium
Lettuce, finely shredded	2–3 tablespoons	¼ medium	1 medium
Tomato, thinly sliced	2–3 slices	3 medium	15 medium
Cucumber	2 slices	1 small	3 large
Pineapple, thinly sliced	1 slice	10 slices (1 x 440g)	50 slices (5 x 440g)
Meat, fish, eggs and alternatives			
Baked beans	2 tablespoons	1 x 440g can	2 x 900g cans
Reduced fat cheese, sliced	1 slice	10 slices (250g)	50 slices (1.25kg)
Reduced fat cheese, grated	2 tablespoons	200g	1kg
Eggs, hard boiled, mashed with reduced fat milk/ mayonnaise	half an egg	5 x 60g eggs	25 x 60g eggs
Lean ham, sliced	1 slice	10 slices (250g)	50 slices (1.25kg)
Lean meats, cold, sliced	1 slice	10 slices (250g)	50 slices (1.25kg)
Lean, skinless chicken meat, diced	2 tablespoons	500g	2.5kg
Canned tuna/salmon,	1½–2 tablespoons	1 x 440g can	5 x 440g cans
Spreads			
Margarine	1–2 teaspoons	100g	500g

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