

## Sandwich fillings quantity guide

Healthy choices

Use this guide to plan and prepare bulk quantities of common sandwich, roll and wrap fillings. This guide will help you standardise your serving sizes and prevent waste.

For variety and nutrition, choose more than one filling when making a sandwich, roll or wrap and try to include at least three salad or vegetable ingredients to make it a healthier choice.

Please note, the quantities provided are intended to be used as a guide only and may vary with different sized breads, rolls or wraps. These quantities may not be appropriate for larger 'gourmet' slices of bread, or large rolls (e.g. 'subs' or baguettes).



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## Salad vegetables

Ingredient	1 sandwich/ roll	10 sandwiches/ rolls	15 sandwiches/ rolls	25 sandwiches/ rolls
Lettuce, shredded	2–3 tablespoons	¼ medium	½ medium	1 small
Tomato, sliced	2–3 slices	3 medium	5 medium	8 medium
Cucumber, sliced	4 slices	2 small	3 small	3 large
Carrot, grated	2 tablespoons	4 medium	6 medium	10 medium
Beetroot, sliced	3 slices	30 slices (2 x 450g can)	45 slices (3 x 450g can)	75 slices (5 x 450g can)
Pineapple, sliced	1 slice	10 slices (1 x 440g can)	15 slices (2 x 440g can)	25 slices (3 x 440g can)
Red onion, chopped	2 slices	1 large	2 medium	3 medium
Mushroom, sliced	1 mushroom	100g	150g	250g
Grilled vegetables	50g	500g	750g	1.25kg

## Meat, fish, eggs and alternatives

Ingredient	1 sandwich/ roll	10 sandwiches/ rolls	15 sandwiches/ rolls	25 sandwiches/ rolls
Eggs, hard boiled	1 egg	10 eggs	15 eggs	25 eggs
Cheese (reduced fat), sliced	1 slice (25g)	10 slices (250g)	15 slices (375g)	25 slices (625g)
Cheese (reduced fat), grated	2 tablespoons (20g)	200g	300g	500g
Cream cheese	2 tablespoons	450g	675g	1.125kg
Falafel (baked)	2 falafels (approx 50g)	20 falafels (approx 500g)	30 falafels (approx 750g)	50 falafels (approx 1.25kg)
Tuna (canned)	2 tablespoons	400g (1 x 440g can)	600g (2 x 440g can)	1kg (3 x 440g can)
Smoked salmon	1–2 slices (40g)	400g	600g	1kg
Lean ham, sliced or shaved	40g	400g	600g	1kg
Lean, skinless chicken, sliced	50g	500g	750g	1.25kg

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## Spreads

Ingredient	1 sandwich/ roll	10 sandwiches/ rolls	15 sandwiches/ rolls	25 sandwiches/ rolls
Margarine	2 teaspoons	100g	150g	250g
Mayonnaise	2 teaspoons	100g	150g	250g
Chutney	2 teaspoons	100g	150g	250g
Tzatziki, hummus	1 tablespoon	250g	375g	625g
Pesto	2 teaspoons	100g	150g	250g
Avocado	2 tablespoons	2 medium	3 medium	5 medium
Mustard	2 teaspoons	100g	150g	250g

