

Sandwich Selection

Prep time: 10 minutes Cooking time: 0 minutes



Ingredients

2 slices bread or 2 wraps

Selection of ingredients (including but not limited to) – tuna, cheese and mayonnaise, cream cheese, ham slices, turkey slices, egg mayonnaise, mashed sardines, cheese and grated carrot

Selection of salad (including but not limited to) – cucumber sticks, grated carrot, lettuce leaves, sliced tomato, salad cress



Method.

Pinwheel Sandwiches

- Cut crust off bread
- Lay bread out in a line with ends overlapping slightly. Flatten out the bread using a rolling pin, ensuring they remain overlapped
- Spread out filling thinly over the slices of bread
- Along one of long edges start to roll the bread into a 'Swiss Roll' shape, ensuring the filling stays in the bread - use a little mayonnaise to seal end down
- Cut the roll into 2cm thick slices

Wraps

- Put your filling down the middle of the wrap leaving a gap at the top and bottom
- Fold the top and bottom in
- Fold one side over the top of the filling and roll up – seal flap down with a little mayonnaise
- Ensure the flap sits at the bottom of the wrap to ensure it stays together and slice in half

Other ideas

Prepare all the fillings you want to offer and the salad and put them into bowls for the children to help themselves