



Caesar Salad

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Anette De Villers, Canteen Supervisor at Mandurah Baptist College, says this is one of the most ordered salads on her menu. Anette places the ingredients next to each other on the bed of lettuce to create a visually appealing meal for the students.

Traffic light category: Amber Serves: 1

Ingredients

- 150g iceberg lettuce
- 50g lean bacon, cooked and diced
- 70g roast chicken
- 1 large boiled egg, sliced
- 30g lite parmesan cheese, shaved
- 15g bread croutons
- 1 Caesar salad dressing portion

Method

1. Wash and cut lettuce roughly into strips approx. 1cm thick, place in bottom of serving container
2. Top lettuce with diced bacon pieces at one end of the tray with chicken at the other, place egg, parmesan and croutons in the middle
3. Include a dressing portion, napkin and cutlery.



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