

Chicken salad wrap

Cost: £1.10 per portion

70p vegetarian portion

Complete your lunchbox with:

apple slices or grapes (halved)

cherry tomatoes (halved)

yogurt

Vegetarian option: replace chicken with hummus

Ingredients

- 1 wholemeal tortilla wrap
- sliced, cooked chicken
- light mayonnaise
- grated cheese
- cucumber
- lettuce



Method

1. Slice the chicken, cucumber and lettuce.
2. Lay out the tortilla wrap, spread a portion of light mayonnaise on top.
3. Add the chicken, cucumber, lettuce and grated cheese.
4. Fold the wrap, and slice in half.