

LUNCH Fresh Fruit Portion Guide	
#5 Honeydew/Orange Flesh Melon	approximately 30 portions
#6 Pineapple	approximately 20 portions
#60 Watermelon	approximately 35 portions
#9 Cantaloupe	approximately 20 portions
Apple	Small = one whole Large = one half
Banana	one half
Grapes	1 clam style container = approximately 10 portions
Kiwi	one half
Mango	approximately 3 portions
Nectarine	one whole
Oranges	one half
Mandarin Orange	one whole
Pear	one half
Plum	one whole
Strawberries	1 clam style container = approximately 8 portions

Fruit Handling Recommendations:

Please note that our fruits are not washed prior to delivery. We recommend that you wash all fruits prior to preparing and serving them.

Please keep the following fruits refrigerated until it is time to prepare them prior to serving:

- Cantaloupe, Honeydew, Pineapple, Grapes, Strawberries, Mango and any pre-cut and/or peeled fruit

We recommend that the following fruits do not need to be refrigerated*.

- Banana, Apples, Pear, Oranges, Clementine, Watermelon (not sliced), Plum, Kiwi, Nectarines

*If you are keeping these fruits over the weekend please refrigerate them and remove them from the fridge on the morning you return to the centre.