I just found out how to create LaTeX tables with centred columns AND fixed column widths including text wrapping based on a somewhat aged post on TEX StackExchange. Fixed column widths of centered columns can easily be achieved with the help of \centering from the **array** package. Here's what I came up with.

```
\documentclass{article}
\usepackage{array}
\begin{document}

\begin{table}
\begin{center}
\begin{tabular}{>{\centering\arraybackslash}p{4cm} | >{\centering\arraybackslash}p{2cm}}
\hline
Here's some text. &
Here's some wrapped text. \\
\hline
\end{tabular}
\end{center}
\end{tabular}
\end{center}
\end{document}
```

Here's some text.	Here's some
	wrapped
	text.