

Lunch of the month



April

Bacon, Lettuce and Tomato sandwich on Brennans Family Pan

Sandwich ingredients:

- 2 x slices of Brennans Family Pan
- 1 x tablespoon of Light Mayonnaise
- 2 x grilled Rashers
- 4 x slices of Tomato
- Handful of Iceberg Lettuce

Lunchbox extras:

2 Yogurt tubes, 1 small container of Fruit Salad

Energy content:

481kcal with 23gms protein and 4.5gms fibre

This lunch is a source of vitamin B1 called thiamine and is necessary to convert food into energy

