

Lunch of the month



December

Turkey, Cranberry and Stuffing on Brennans Sandwich Pan

Sandwich ingredients:

- 2 x slices of Brennans Sandwich Pan
- 3 x Wafer Slices Turkey
- 1 x teaspoon of Stuffing
- 1/2 x tablespoon of Mayonnaise mixed with 1 x teaspoon Cranberries

Lunchbox extras:

200mls flavoured Milk, 2 Mandarins

Energy content:

484kcal with 23gms protein

This lunch contains 100% of your daily vitamin C requirement as well as being high in vitamin B3 which is called niacin and is necessary to convert food into energy

