

Lunch

of the month



February

Beef with Tomato and Coleslaw on Brennans Natural Recipes Pumpkin & Poppy Seed Bread

Sandwich ingredients:

- 2 x slices of Brennans Natural Recipes Pumpkin & Poppy Seed Bread
- 30gms x Roast Beef slices (or any roast meat)
- 1 x tablespoon of Coleslaw
- 1 x small Tomato
- 1/2 x teaspoon of Mustard (optional)

Lunchbox extras:

1 Banana, 1 carton of Milk

Energy content:

465kcal with 21gms protein and 5gms fibre

