

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:

465kcals with 21gms protein and 5gms fibre



This lunch is high in vitamin B12, a vitamin recessary for making red blood cells and also high in vitamin C, a vitamin necessary for wound healing

