

Lunch of the month



January

Grated Cheese with Carrot on Brennans Wholemeal with Vitamin D

Sandwich ingredients:

- 2 x slices of Brennans Wholemeal with Vitamin D
- 2 x teaspoons of Low Fat Butter
- 1/4 cup of grated Cheese
- 1/2 cup of grated Carrot

Lunchbox extras:

1 Smoothie carton, 1 Oat type bar

Energy content:

588kcal with 19gms protein and 18gms fibre

This lunch
is high in fibre
which is
necessary for
proper
digestion

