

Lunch

of the month



March

Light Soft Cream Cheese with Ham and Pineapple on Brennans Pumpkin & Poppy Seed Bread

Sandwich ingredients:

- 2 x slices of Brennans Pumpkin & Poppy Seed Bread
- 1 x tablespoon of Light Soft Cream Cheese
- 1 x slice of Ham
- 1 x ring tinned Pineapple

Lunchbox extras:

1 carton of flavoured Milk, Small bunch of Seedless Grapes

Energy content:

483kcal with 26gms protein and 7gms fibre

This lunch is a source of chloride, a mineral necessary to regulate body fluids

