

Lunch of the month



May

Chicken Satay on Brennans Wholemeal Bread with Vitamin D

Sandwich ingredients:

- 2 x slices of Brennans Wholemeal Bread with Vitamin D
- 1/2 x tablespoon of Mayonnaise
- 1.5ozs (45gms) of Chicken Satay pieces

Lunchbox extras:

1 Cheese triangle, 1 carton of Fruit Smoothie

Energy content:

454kcal with 23gms protein and 15gms fibre

