

# Lunch of the month



## November

### Tuna with Avocado and Lettuce on Brennans Be Good Sesame & Linseed Sandwich Breads

#### Sandwich ingredients:

- 2 x slices of Brennans Be Good Sesame & Linseed Sandwich Breads
- 1 x small tin of Tuna, drained
- A handful of Lettuce
- 1/2 Avocado
- 1/2 x tablespoon of Light Mayonnaise

#### Lunchbox extras:

Some chopped Melon, 1 carton of flavoured Milk

#### Energy content:

624 kcals with 38gms protein and 10gms fibre

This lunch  
is a source of  
vitamin B12, a  
vitamin necessary  
for making red  
blood cells

