

# Lunch

of the month



## October

### Chicken with Mango Chutney on Brennans Brown & White In One Bite

#### Sandwich ingredients:

- 2 x slices of Brennans Brown & White In One Bite
- 45gms x leftover Chicken or Chicken slices
- 1/2 x tablespoon Mayonnaise mixed with 1 x tablespoon of Mango Chutney

#### Lunchbox extras:

1 carton of Fruit Salad, 1 carton of flavoured Milk

#### Energy content:

526kcal with 29gms protein and 4.5gms fibre

This lunch is high in calcium, a mineral necessary for bones and teeth

