

Sandwich Recipe



Turkey, Cranberry and Stuffing on White Sliced Bread

Sandwich ingredients:

- 2 slices of white sliced pan
- 3 wafer slices of turkey
- 1 teaspoon of stuffing
- 1/2 tablespoon of mayonnaise mixed with 1 teaspoon of cranberries
- Handful of lettuce (optional)

Lunchbox extras:

200ml flavoured milk, 2 mandarins

Energy content:

484kcal;

Carbohydrate: 57.2% ;

Protein: 20.1% ;

Fat 22.8% ;

Fibre: 3.6gms

This lunch provides
a wide range of
nutrients, to start you
off to healthy new
year!

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