

Sandwich Recipe



Tuna and Sweetcorn Sandwich on Chia Bread

- Sandwich ingredients:
- 2 slices of chia bread
- 2 teaspoons of low fat butter
- 1 small tin tuna drained
- 1 tablespoon sweet corn tinned
- 1/2 tablespoon light mayo
- Handful lettuce

Lunchbox extras:

1 apple, 1 yogurt drink

Energy content:

527 kcal;

Carbohydrate: 56%;

Protein: 25%;

Fat: 19%; Fibre: 7gms



This lunch is high in protein which is needed to help your body grow and develop properly.

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