

Sandwich Recipe



Firm Favourite - Ham & Cheese

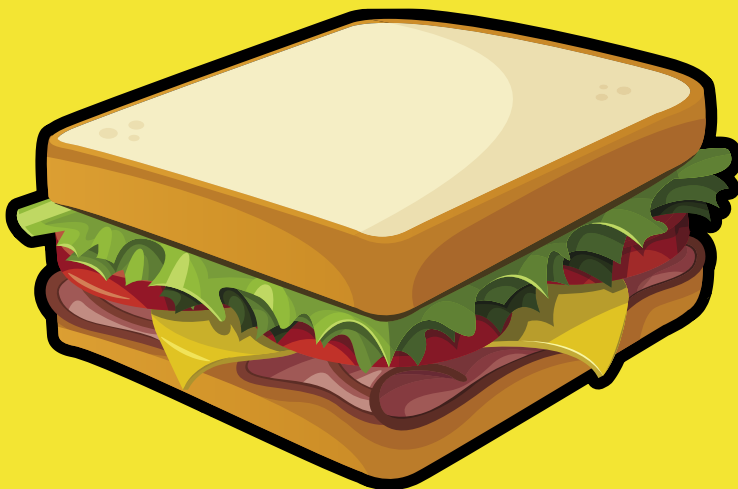
- Sandwich ingredients:
- 2 slices of wholemeal bread
- 2 teaspoons low fat butter
- 3 slices of ham
- 1 slice of cheese
- Handful of lettuce

Lunchbox extras:

Small tub of fruit salad (100gms),
2 small tubes of yogurt

Energy content:

402kcal; Carbohydrate: 53.2%;
Protein: 21.3%;
Fat: 25.6%; Fibre: 7gms



This lunch is a good source of Vitamin D which we need lots of in Ireland due to little sunshine, especially in the winter.

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