

# Sandwich Recipe



## Healthy Beef Sandwich on Multigrain Bread

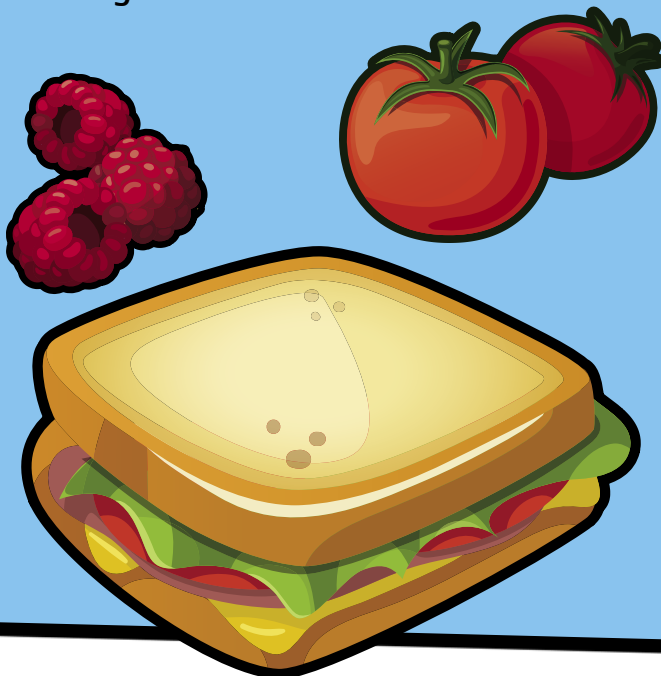
- Sandwich ingredients:
- 2 slices of multigrain bread
- Roast beef slices or any roast meat (30gms)
- 1 tablespoon of coleslaw
- 1 small tomato (sliced)
- 1/2 teaspoon of mustard (optional)

### Lunchbox extras:

10 raspberries,  
1 carton of flavoured milk

### Energy content:

500kcal; Carbohydrate: 48.4%;  
Protein: 19.4%; Fat: 32.2%;  
Fibre: 8.5gms



This lunch is high  
in chloride, a mineral  
that regulates fluid in  
and out of your  
body cells.

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