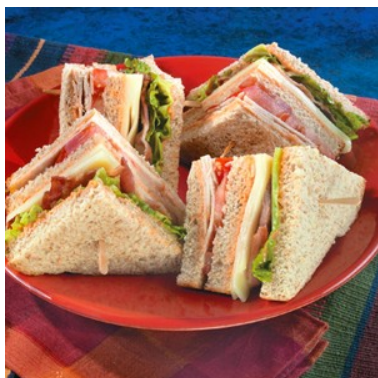




## ***Sandwich Fillings***

| <b>Sandwich</b>                         | <b><i>Calories</i></b> | <b><i>Protein</i></b> | <b><i>Fat</i></b> | <b><i>Sugar</i></b> |
|---|------------------------|-----------------------|-------------------|---------------------|
| Chicken and mayonnaise                  | 331                    | 26.4                  | 12.4              | 27.3                |
| Coronation chicken                      | 420                    | 23.1                  | 18.9              | 42                  |
| Turkey and mayonnaise                   | 480                    | 25                    | 14                | 65                  |
| Egg and mayonnaise                      | 449                    | 16.6                  | 23.9              | 40.5                |
| Ham and cheese                          | 352                    | 20.7                  | 15.5              | 33.3                |
| Beef and mustard                        | 346                    | 21.5                  | 13.8              | 33.4                |
| Sausage meat and mustard/ketchup        | 350                    | 17                    | 18                | 28                  |
| Fish pate' with tarter sauce            | 394                    | 22.1                  | 8.5               | 31                  |
| Hummus with tomato                      | 204                    | 10.5                  | 0.8               | 31                  |
| Hummus with red peppers                 | 270                    | 11.7                  | 6.1               | 54                  |
| Hummus with avocado                     | 398                    | 14                    | 21.4              | 43.8                |
| Shredded spare ribs with barbecue sauce | 370                    | 21.9                  | 14.7              | 38.6                |
| Duck with plumb sauce                   | 244                    | 14                    | 3.4               | 34                  |
| Tuna and sweet corn                     | 390                    | 23                    | 14.9              | 40                  |
|   |                        |                       |                   |                     |
|   |                        |                       |                   |                     |



## ***Portion size of Sandwiches***

***One sandwich is comprised of 2 slices of bread, spread and a filling***



***Some sandwiches are cut into half***



***Some sandwiches are cut into quarters***

