



# School Trip

## Packed Lunch

### Carbohydrate Information

#### Bread

Sandwich	26.06	Wrap	29.86	Roll	21.3
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#### Filled Roll/Sandwich

Cheese Sandwich	26.4	Ham Roll	22.2	Tuna Mayo Roll	26.9
Hummus Red Pepper Wrap	42.5	Turkey Sandwich	30.1	Ham Sandwich	26.2
Chicken Sandwich	30.3	Chicken Mayo Roll	24.3	Roast Beef Sandwich	26.1

#### Sandwich/Roll Filling

Cheese	0.08	Sliced Chicken	1.20	Tuna Mayo	0.82
Ham	0.12				

#### Homebaking

Golden Crunch	28.7	Oat & Apple Muffin	26.7	Shortbread Biscuit	25.5
Tiffin	31.2	Chocolate Brownie	19.6		

#### Drinks

Viva Milkshake - Chocolate	8.5	Viva Milkshake - Banana	8.7	Viva Milk Shake - Strawberry	8.7
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#### Fruit

Apple	13.0	Banana	23.2	Orange	8.5
Satsuma	10.0	Pear	8.5		