Cheese & Onion Brown Bread Sandwich



£ 1.95 Use By: 11.07.21

Storage: Keep refrigerated

Ingredients: Brown Bread with Oatmeal, Mayonnaise, Cheddar Cheese (Milk) (12%), Red Leicester Cheese (Leicester Cheese, Colour: Annatto) (Milk) (12%), Onion (8%), Brown Bread with Oatmeal contains: Wheat Flour, Water, Oatmeal, Oats, Wheat Bran, Wheat Protein, Yeast, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Palm Oil, Muscovado Sugar, Rapeseed Oil, Malted Barley Flour, Flour Treatment Agent (Ascorbic Acid), Mayonnaise contains: Rapeseed Oil, Water, Pasteurised Egg, Comflour, Spirit Vinegar, Sugar, Salt, Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin.

Allergy Advice: For allergens see ingredients in Bold.

Nutrition:

Typical	100g	Pack
Values	Contains	Contains
Energy	1226kj	2100kJ
	(294kcal)	(505kcal)
Fat	16.5g	28.4g
Saturates	9.3g	9.3g
Carbohydra	ates 42.1g	42.1g
Sugars	2.1g	3.5g
Protein	10.2g	17.6g
Salt	1.7g	1.7g

Tuna & Cucumber White Bread Sandwich



Storage: Keep refrigerated

£2.25 Use By: 12.07.21

Ingredients: Oatmeal Bread, Tuna (26%), Mayonnaise Dressing, Cucumber (9%), Oatmeal Bread contains: **Wheat** Flour, Water, **Oatmeal, Wheat** Bran, Yeast, Salt, **Wheat** Protein, Spirit Vinegar, Emulsifiers (Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Glycerides of Fatty Acids), Rapeseed Oil, Malted **Barley** Flour, Palm Oil, Flour Treatment Agent (Ascorbic Acid), Tuna contains: Tuna (**Fish**), Salt, Mayonnaise Dressing contains: Rapeseed Oil, Water, Spirit Vinegar, Sugar, Cornflour, Pasteurised (**Egg** Yolk), Salt, Dijon Mustard (Water, **Mustard** Seed, Spirit Vinegar, Salt), White Pepper, **Mustard** Flour, Concentrated Lemon Juice, Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin.

Allergy Advice: For allergens see ingredients in Bold.

Nutrition:

Typical		100g	Pack
Values	Cor	ntains	Contains
Energy		959kj	1839kJ
	(22	29kcal)	(389kcal)
Fat		9.9g	16.8g
Saturates		1.4g	1.4g
Carbohydr	ates	39.8g	39.8g
Fibre		4.6g	4.6g
Protein		10.2g	17.3g
Salt		1.3q	1.3q

Bacon Lettuce & Tomato Malted Brown Bread Sandwich



£2.65 Use By:

11.07.21

Storage: Keep refrigerated

Ingredients: Malted Brown Bread, Sweetcure Bacon (18%), Tomato (12%), Mayonnaise, Lettuce, Malted Brown Bread contains: Wheat Flour, Water, Malted Wheat Flakes, Wheat Bran, Wheat Protein, Malted Barley Flour, Yeast, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Spirit Vinegar, Rapeseed Oil, Malted Wheat Flour, Flour Treatment Agent (Ascorbic Acid), Palm Oil, Sweetcure Bacon contains: Pork Belly, Sugar, Salt, Emulsifier (Sodium Triphosphate), Honey, Preservative (Sodium Nitrite), Mayonnaise contains: Rapeseed Oil, Water, Pasteurised Egg, Cornflour, Spirit Vinegar, Sugar, Salt, Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin

Allergy Advice: For allergens see ingredients in Bold.

Nutrition:		
Typical	100g	Pack
Values	Contains	Contains
Energy	1029kj	1904kJ
	(246kcal)	(454kcal)
Fat	10.6g	19.6g
Saturates	4.3g	9.3g
Carbohydra	ates 45.0g	45.0g
Sugars	2.5g	4.6kg
Protein	12.0g	22.2g
Salt	2.6g	2.6g

Smoked Ham & Mustard White Bread Sandwich



£2.45

12.07.21

Storage: Keep refrigerated

Ingredients: White Bread, Smoked Reformed Ham With Added Water (34%), Mustard Mayonnaise (11%), White Bread contains: **Wheat** Flour, Water, Palm Oil, Yeast, Spirit Vinegar, Salt, **Wheat** Protein, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids), **Soya** Flour, Rapeseed Oil, Flour Treatment Agent (Ascorbic Acid), Smoked Reformed Ham With Added Water contains: Pork, Water, Salt, Dextrose, Stabiliser (Sodium Triphosphate), Preservatives (Sodium Nitrite, Potassium Nitrate), Antioxidant (Sodium Ascorbate), Mustard Mayonnaise contains: Rapeseed Oil, Water, Pasteurised **Egg, Mustard** Flour, Dijon Mustard, Spirit Vinegar, Cornflour, Sugar, Turmeric, Concentrated Lemon Juice, Dijon Mustard contains: Water, **Mustard** Seed, Spirit Vinegar, Salt, Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin.

Allergy Advice: For allergens see ingredients in Bold.

Typical	100g	Pack
Values	Contains	Contains
Energy	1013kj	1753kJ
	(241kca)l	(418kcal)
Fat	10.0g	17.3g
Saturates	2.5g	2.5g
Carbohydra	ates 45.3g	45.3g
Sugars	3.2g	5.5g
Fibre	2.4g	2.4
Protein	10.9g	18.9g
Salt	2.3g	2.3g

Chicken on White Bread Sandwich



£2.30 Use By: 11.07.21

Storage: Keep refrigerated

Ingredients: White Bread, Chicken (40%), Blended Spread 79%, White Bread contains: Wheat Flour, Water, Yeast, Salt, Spirit Vinegar, Wheat Protein, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), Rapeseed Oil, Palm Oil, Flour Treatment Agent (Ascorbic Acid), Chicken contains: Chicken, Cornflour, Blended Spread 79% contains: Rapeseed Oil, Palm Oil, Water, Butteroil (Milk), Buttermilk Powder (Milk), Salt, Emulsifier (Sunflower Lecithins), Colour (Mixed Carotenes), Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiam.

Allergy Advice: For allergens see ingredients in Bold.

Nutrition:

Typical	100g	Pack
Values	Contains	Contains
Energy	672kj	1291kJ
	(207kcal)	(306kcal)
Fat	16.5g	28.4g
Saturates	1.6g	1.6g
Carbohydra	ates 37.1g	37.1g
Sugars	0.8g	3.3g
Protein	17.1g	17.61
Salt	0.9g	0.9g

Egg & Cress Triple White Bread Sandwich



£2.80 Use By: 12.07.21

Storage: Keep refrigerated

Ingredients: Wheatgerm Bread, Hard Boiled Egg (38%), Mayonnaise, Salad Cress (2%), Pepper, Salt, Wheatgerm Bread contains: Wheat Flour, Water, **Wheatgerm**, Yeast, Salt, Emulsifiers (Mono- and Di-Glycerides of Fatty Acids, Mono- and Di-Acetyltartaric Esters of Mono- and Di-Glycerides of Fatty Acids), **Wheat** Bran, **Wheat** Protein, Spirit Vinegar, Rapeseed Oil, Malted **Barley** Flour, Malted **Wheat** Flour, Palm Oil, Flour Treatment Agent (Ascorbic Acid), Mayonnaise contains: Rapeseed Oil, Water, Pasteurised **Egg**, Pasteurised **Egg** Yolk, Spirit Vinegar, Sugar, Salt, Wheat Flour contains: Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin.

Allergy Advice: For allergens see ingredients in Bold.

Nutrition:

Typical	100g	Pack
Values	Contains	Contains
Energy	1057kj	2726kJ
	(253kcal)	(652kcal)
Fat	12.8g	33.0g
Saturates	5.0g	5.0g
Carbohydra	ates 60.8g	60.8g
Sugars	2.0g	5.2g
Fibre	7.0g	7.0g
Protein	9.5g	24.4g
Salt	2.2g	2.2g