

Tuna Mayonnaise Sandwiches

Allergens – **Gluten**, **Milk**, **Fish**, **Egg**, **Mustard**

Ingredients

| Quantity | Ingredient |
|----------|--|
| 800 g | Tinned Tuna Drained (contains Fish) |
| 100 g | Lite Mayonnaise (Hellman's contains Eggs , Milk , Mustard) |
| 100 g | Low Fat Natural Yoghurt Black Pepper (optional) |
| 1600 g | Whole meal Bread (sliced) (contains Wheat & possible traces of Barley , Oat or Rye) |

Method

1. Drain, flake and mix the tuna with mayonnaise, yoghurt and season with pepper.
2. Prepare sandwiches and slice accordingly.
3. Store chilled until ready to serve.

Nutritional Content for 50g of Tuna filling + 2 slices of bread

| Energy (kcal) | Fat (g) | Saturated Fats (g) | Sugar (g) | Salt (mg) | Carbs (g) |
|---------------|---------|--------------------|-----------|-----------|-----------|
| = 220.5 | = 3.4 | = 0.8 | = 1.7 | = 1.2 | = 29.7 |

Portion size - Primary – 50g Tuna filling