

Cheddar Cheese Sandwiches

Allergens – Gluten, Milk

Ingredients

Quantity	Ingredient
800 g	Mild Cheddar Cheese (grated)
10 g	Margarine
1600 g	Whole meal Bread (sliced) (contains Wheat & possible traces of Barley , Oat or Rye)

Method

1. Grate cheddar cheese.
2. Prepare sandwiches and slice accordingly.
3. Chill sandwiches prior to serving.

Nutritional Content for 40g of Cheese + 2 slices of bread

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 330.5	= 15.7	= 9.2	= 1.2	= 1.4	= 29.04

Portion size – 40g Cheese

2 Slices of Bread = 29.0 g Carbs