

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 (mg)	Carbs (g)
= 331.7	= 15.9	= 9.3	= 1.2	= 1.4	= 29.0

Portion size - Primary – 40g Cheese

Reviewed April 2019