

# Ham Sandwiches

## Allergens – **Gluten**

## Ingredients

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Quantity	Ingredient
800 g	Jess Sliced Ham (CO-RTH)
10 g	Sunflower Spread
1600 g	Whole meal <b>Bread</b> (Medium sliced) (contains <b>Wheat</b> & possible traces of <b>Barley</b> , <b>Oat</b> or <b>Rye</b> )

## Method

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1. Spread bread with margarine.
2. Make up sandwiches and cut into triangles.
3. Keep chilled until point of service.

## Nutritional Content for 4 Sandwich Triangles

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 212.1	= 3.4	= 1.0	= 1.2	= 1.5	= 29.0

**Portion size** - Primary – 30g of Ham + 2 slices of bread (80g = 27.8 Carbs)