

1. Sandwiches (available on wholemeal or white sourdough bread)

- tuna mix (made with tuna, low fat mayonnaise, celery and diced red capsicum)

1037kJ, 6g fat

Nutrients	Amount per serve
Energy	1036.08kJ
Protein	16.61g
Total fat	5.79g
- saturated fat	1.29g
- polyunsaturated fat	2.52g
- monounsaturated fat	1.19g
Cholesterol	25.31mg
Carbohydrate	29.50g
Sugars	5.50g
Starch	23.75g
Fibre	4.75g
Thiamin	0.30mg
Riboflavin	0.19mg
Niacin	4.86mg
Vitamin C	33.30mg
Folate	32.96µg
Vitamin A equivalents	57.33µg
Sodium	518.88mg
Potassium	328.28mg
Magnesium	51.84mg
Calcium	62.31mg
Phosphorus	186.75mg
Iron	2.33mg
Zinc	1.40mg