

LUNCH

**TURKEY PINWHEEL LUNCHBOX**



**SHOPPING LIST:**

- 1 wholegrain wrap
- 2 slices of turkey
- 15g cream cheese
- 20g cheese of choice
- 6 mini breadsticks
- 2 leaves of lettuce
- Small portion of cucumber (roughly 3cm)
- Handful of baby tomatoes, strawberries and blueberries

**COSTING:** \*£2.80










**NUTRITIONAL INFORMATION:**

Calories: 365kcal |  
 Carbohydrates: 59.9g |  
 Protein: 26g | Fat: 9.7g |  
 Saturated Fat: 5g | Salt: 1.4g  
 | Fibre: 11.8g | Sugar: 10.7g

This lunchbox is a quick and easy way to provide a balanced meal. Ideal for school, picnics or even just at home! Turkey is a lean source of protein, while cheese provides calcium, protein, as well as vitamin A and a range of B vitamins. The wholegrain wrap a source of carbohydrate and fibre. The selection of fruit and vegetables counts towards three of their five portions a day. The berries, tomatoes and cucumber all loaded with vitamins and fibre, and an excellent source of antioxidants.

Preparation time:	Cook time:	Servings:
10 mins	0 mins	1

**DIRECTIONS:**

		
<b>1. Gather and wash all your ingredients</b>	<b>2. Firstly, spread the cream cheese onto the wrap</b>	<b>3. Lay the lettuce over the top</b>
		
<b>4. Next, lay the turkey slices over the top of that</b>	<b>5. Roll the wrap and fillings up together tightly</b>	<b>6. Then cut into 5/6 pinwheels and place into lunchbox</b>
		
<b>7. Chop the cheese into small chunks and add with the breadsticks</b>	<b>8. Chop the vegetables up and add to lunchbox</b>	<b>9. Finally, chop the fruit and add to lunchbox</b>

\*Average supermarket pricing as of March 2021