Bread Basket

Operation Transformation 2013 Menu
Supporting Deirdre Galvin - Hosford CORK LEADER 2013

SOUP

Mushroom Soup	**118 Calories**
Tomato & Basil Soup	**157 Calories**
Vegetable Soup	**176 Calories**

SOUP - *served with 1 slice of Mc Cambridges brown bread & butter*

Mushroom Soup	**248 Calories**
Tomato & Basil Soup	**287 Calories**
Vegetable Soup	**306 Calories**

SOUP - *served with 1 slice of Homemade Oat Bread & butter*

Mushroom Soup	**358 Calories**
Tomato & Basil Soup	**397 Calories**
Vegetable Soup	**416 Calories**

SALADS

Spring Salad	**136 Calories**
Tuna Salad	**154 Calories**
Greek Salad *(with fat-free vinaigrette)*	**186 Calories**
Caesar Salad *(with low-fat Caesar dressing)*	**250 Calories**
Chicken Caesar Salad *(with low-fat Caesar dressing)*	**367 Calories**
Chicken & Ham Salad *(with fat-free vinaigrette)*	**195 Calories**
Egg Salad *(with fat-free vinaigrette & light mayo)*	**241 Calories**
Salads available with 1 slice of Mc Cambridges brown bread & butter:	***Add 130 calories!***

WHOLEMEAL PITTAS

Spring Salad Pitta *(with light mayonnaise)*	**331 Calories**
Tuna Salad Pitta *(with light mayonnaise)*	**349 Calories**
Chicken Salad Pitta *(with with light mayonnaise)*	**335 Calories**

WRAPS *(Brown, white & tomato wraps available!)*

Ham Salad Wrap *(with light mayo)*	**284 Calories**
Chicken & Sweet Chilli wrap	**334 Calories**
Tuna & sweetcorn wrap *(with light mayo)*	**335 Calories**
Chicken Salad Wrap *(with light mayo)*	**349 Calories**
Turkey & stuffing wrap *(with light mayo)*	**353 Calories**
Egg Salad Wrap *(with light mayo)*	**365 Calories**

Croissant

Ham & Cheese Croissant	**305 Calories**

Nutritional Analysis carried out by Niamh O'Connor MINDI,
Consultant Dietitian & Clinical Nutritionist
www.corknutrition.ie

NUTRICOUNT™ PROFESSIONAL MENU ANALYSIS

RTÉ operation TRANSFORMATION

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