

## Delicious and Nutritious

### OUR SCHOOL LUNCHES:

Energy (kJ) per 100g

Energy (kJ) per serving

Saturated Fat (g) per serving

Sodium (mg) per 100g

#### SUBWAY 6-INCH® Subs

Values include white bread, lettuce, tomatoes, cucumbers, capsicum & onions.\*

Ham	704	1910	1.2	342
Roast Beef	558	1110	1.0	253
Turkey	711	1890	1.3	316
Chicken Strips	542	1170	0.9	238
Veggie Delite®	583	883	0.4	161

#### Mini Subs

Values include white bread, lettuce, tomatoes, cucumbers, capsicum & onions.\*

Ham	550	695	0.5	292
Roast Beef	558	741	0.7	253
Turkey	546	715	0.7	289
Chicken Strips	542	778	0.6	238
Veggie Delite®	583	588	0.2	161

#### Sides

Strawberry SPC Fruit Crush-ups™	280	252	0.1	10
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If you have allergies or any other special dietary requirements, please contact your nearest Subway® Restaurant.

## Talk to us today

Feel free to call the Restaurant Manager anytime before 11am or after 2.30pm daily. They'll be happy to work through the options with you. For store contact details please see [subwayexpress.co.nz](http://subwayexpress.co.nz)

# SUBWAY®

## School Lunch Programme



\*Values do not include sauce, cheese or additional non low-fat condiments. This nutritional information is accurate as at July 2010 to September 2016. Please refer to [subway.co.nz](http://subway.co.nz) for the most recent nutritional information. ©2017 Subway IP Inc. Subway® and Subway 6-Inch® are registered trademarks of Subway IP Inc. 'SPC Fruit Crush-ups™' is a trademarks of SPC Ardmona. 'Pump' is a registered trademark. For a full list of allergens please see the Allergen Guide at [subway.co.nz](http://subway.co.nz)

SWNZ5906

Save time, order online

[subwayexpress.co.nz](http://subwayexpress.co.nz)

# Fuel their day with a nourishing lunch

Nutritious and delicious school lunches are not only more affordable with the Subway® School Lunch Programme; they're now even more convenient with the introduction of online ordering!

Our range of tasty, nutritious sandwiches offer something to satisfy any picky eater, and are a great way to help fussy eaters contribute to their recommended daily serve of veggies.

Enjoy these easy options every day of the week. There's lots of flexibility around menu options to be tailored to your school's requirements.

## Menu

### Mini Subs & Subway 6-Inch® Subs:

All subs available on white or wheat bread.

Ham

Chicken Strips

Turkey

Roast Beef

Veggie Delite®

### Sides and Drinks:

Pump Mini

Strawberry SPC Fruit Crush-ups™



# Our Lunches Tick All The Boxes

- ✓ Contributes to their daily serve of veg
- ✓ Tailored to your school
- ✓ Parents approve of it
- ✓ Simple to organise
- ✓ Already successful in other schools
- ✓ Kids love it
- ✓ Can be ordered online

From as little as

**\$3** RRP PER SUB



## Get in touch with your local Subway® Restaurant manager today!

For store contact details please see [subwayexpress.co.nz](http://subwayexpress.co.nz) Alternatively you can email [schoollunchesnz@subway.com](mailto:schoollunchesnz@subway.com)

Available at participating restaurants only. Prices may vary between restaurants.