

WOOLWORTHS

No stress Lunchbox plan

Put me
on your
fridge

Mon.

- ✓ Wholewheat Pita Breads 6Pk
- ✓ Falafel 150g
- ✓ Carrot, Cucumber, Celery & Hummus 240g
- Blueberries 3x40g
- 100g Low Fat Fruited Yoghurt
- Sparkling Coconut & Pineapple Spring Drink 500ml



Tue.

- ✓ Multiseed Wraps 8Pk
- ✓ Sliced Smoked Chicken 125g
- ✓ Tzatziki 150g
- ✓ Washed Coleslaw Salad 350g
- Baby Butter Lettuce 100g
- Mango Chunks 40g
- Raw Ammonds 30g
- Long Life Low Fat Milk 250ml



Wed.

- ✓ Baby Corn 100g
- ✓ Moist Sliced Beef Biltong 25g
- ✓ Snacking Tomatoes 175g
- ✓ Queen Pineapple Snackpot 180g
- Kids Ayrshire Mozzarella
- Stringy Cheese 6x21g,
- Still water with sliced strawberries and mint



Thur.

- ✓ Ancient grain brown bread 400g
- ✓ kJ Controlled™ Medium Fat Mozzarella 300g
- ✓ Sugar Snap Peas 80g
- Dried peaches & Pears in fruit Juice 120g
- Low Fat Strawberry Flavoured Dairy Snack 100ml
- Still water with sliced apple and cucumber



Fri.

- ✓ Multigrain Rice Cakes 100g
- ✓ Low fat smooth cottage cheese
- ✓ Snacking Cucumber Min. 7Pk
- ✓ Chef's Style Baby Carrots 120g
- Fruity Toots : watermelon, mango, pineapple & grape
- Sparkling Mulberry Flavoured Spring Drink 500ml

