

SPORT LUNCH BOX MENU – NUT FREE

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WEEK 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Natures Valley Bar	PVM Bar	Energade Jellies 75g	Natures Valley Bar	Milo Cereal Bar
Snack 2	Safari to Go	Fruit Stick	Jungle Dried Fruit Mix	Super C Gums	Fruit Stick
Juice/Water	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml

WEEK 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Natures Valley Bar	PVM Bar	Energade Jellies 75g	Natures Valley Bar	Milo Cereal Bar
Snack 2	Safari to Go	Fruit Stick	Jungle Dried Fruit Mix	Super C Gums	Fruit Stick
Juice/Water	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml

WEEK 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Natures Valley Bar	PVM Bar	Energade Jellies 75g	Natures Valley Bar	Milo Cereal Bar
Snack 2	Safari to Go	Fruit Stick	Jungle Dried Fruit Mix	Super C Gums	Fruit Stick
Juice/Water	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml

WEEK 4					
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Natures Valley Bar	PVM Bar	Energade Jellies 75g	Natures Valley Bar	Milo Cereal Bar
Snack 2	Safari to Go	Fruit Stick	Jungle Dried Fruit Mix	Super C Gums	Fruit Stick
Juice/Water	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml	ISOFIT 500ml