

STANDARD LUNCH BOX MENU (Alberton ONLY) – NUT FREE

www.booya.co.za

brendan@icsza.co.za



	WEEK 1				
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Yoghurt 100ml	Tinkie	Yoghurt 100ml	Flings	Yoghurt 100ml
Snack 2	Mini Cheddar Biscuits	Jumping Jack Popcorn	Kellogg's C/Pops Bar	Bakers Toppers Chocolate	Wonder Bar Choc
Snack 3	Kellogg's Crispies Bar	Bakers Mini Biscuits	Willards Cheasnaks	Milo Cereal Bar	Mini Cheddar Biscuits
Snack 4	Fruit Stick	Cheese Portion	Natures Valley Bar	Melrose Cheese	
Juice/Water	Juice 200ml	Still water-330ml	Tropika 200ml	Still water-330ml	Milo Drink

	WEEK 2				
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Tinkie	Yoghurt 100ml	Cheese Portion	Yoghurt 100ml	Custard
Snack 2	Willards Chips	Mini Cheddar Biscuits	Bakers Mini Biscuits	Jumping Jack Popcorn	Kit Kat 2 Fingers
Snack 3	Kellogg's C/Pops Bar	Big Corn Bites	Flings	Natures Valley Bar	Cheese Curls
Snack 4	Oreo Chocolate	Fruit Stick	Special K bar	Mini Cheddar Biscuits	
Juice/Water	Tropika 200ml	Still water-330ml	Juice-200ml	Still water-330ml	Still water-330ml

	WEEK 3				
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Yoghurt 100ml	Tinkie	Yoghurt 100ml	Flings	Smarties
Snack 2	Mini Cheddar Biscuits	Jumping Jack Popcorn	Mini Cheddar Biscuits	Bakers Toppers Chocolate	Diddle Daddle Popcorn
Snack 3	Kellogg's Crispies Bar	Bakers Mini Biscuits	Oreo Biscuits	Natures Valley Bar	Pringles
Snack 4	Fruit Stick	Melrose Cheese	Kellogg's C/Pops Bar	Cheese Portion	
Juice/Water	Juice 200ml	Still water-330ml	Tropika 200ml	Still water-330ml	Juice 200ml

	WEEK 4				
	Monday	Tuesday	Wednesday	Thursday	Friday
Snack 1	Cheese Portion	Yoghurt 100ml	Cheese Portion	Yoghurt 100ml	Custard
Snack 2	Tinkie	Diddle Daddle Popcorn	Bakers Mini Biscuits	Jumping Jack Popcorn	Kit Kat 2 Fingers
Snack 3	Willards Chips	Big Corn Bites	Cheese Curls	Fruit Stick	Natures Valley Bar
Snack 4	Kellogg's C/Pops Bar	Natures Valley Bar	Special K Bar	Milo Cereal Bar	
Juice/Water	Tropika 200ml	Still water-330ml	Juice-200ml	Still water-330ml	Still water-330ml