

FEED THE
WARRIOR
WITHIN

Fresh lunchbox ideas

**LUNCHBOX IDEA #5
NATURAL COLOURS**

Unicorn
Pancakes



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BULK FOODS

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LUNCHBOX IDEA #5 NATURAL COLOURS

HERE'S WHAT'S INSIDE

- 3 Unicorn Pancakes
- 2 Choc Chip Cookie Dough balls
- 60g Australian Dried Fruit
- 50g Dried Banana Chips
- 60g carrot, cut into sticks
- 60g celery stalk, cut into sticks
- 40g hummus dip
- 4 strawberries
- 40g raspberries
- Ham and Cheese Sandwich

Ham and Cheese Sandwich

- 2 slices Wholemeal bread
- 1 slice ham
- 1 slice cheese

Layer ham and cheese in between two slices of bread. Slice into triangles.

**DOWNLOAD THE UNICORN PANCAKES RECIPE
FREE FROM OUR WEBSITE (PLUS OTHERS), THEN
PICK UP A WARRIOR LUNCHBOX INSTORE OR ONLINE**

WWW.THESOURCEBULKFOODS.COM.AU

*Shelf life for prepared food as shown varies and some ingredients may require refrigeration.
Remember to comply with your school's food policy regarding allergens.



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