

ECONOFOODS

UNBELIEVABLE LUNCHBOXES

UNDER R25*



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Cheese Burger | R24.72

Ingredients

- Burger Bun
- Beef Burger Patty
- Cheese Slices
- Tomato Sauce
- Smooth Yoghurt
- Shortbread Cookie
- Lettuce
- Tomato
- Grapes
- Naartjie
- Muffins

Directions

1. Cook patty as per packaging instructions 2. Pop a slice of cheese on top while it's still hot 3. Lightly toast your burger buns 4. Now build your burger: Start with the bottom bun, add lettuce, tomato, the cheesy patty, and your Farmhouse Pantry tomato sauce. Crown it with the top bun. 5. Bake mini muffins following packaging instructions. Add 2 of these to the lunchbox together with a yoghurt and 2 shortbread cookies 6. Finish the lunchbox with a fresh bite by adding 2 skewers with 2 naartjies and 2 grapes each.

Hungry Teenager | R38.20



Tuna Pancakes | R25.00

Ingredients

- Tuna
- Mayonnaise
- Pancake
- Pizzinis
- Mixed Fruit Jam
- Green/Red Pepper
- Gherkin
- Blueberries
- Flapjacks

Directions

1. Bake a pancake using Snowflake Easymix and let it cool 2. In a bowl, mix shredded, drained tuna, 15ml mayonnaise, ¼ chopped bell pepper and 1 chopped gherkin 3. Spread the mixture onto the pancake, roll it up, and slice into bite-size wheels – fun to eat and easy to pack! 4. Air fry two Pizzinis until hot and golden – the perfect cheesy sidekick 5. Bake three small flapjacks using Snowflake Easymix 6. Stack them with fruit jam between each layer 7. Secure with a skewer and top with two blueberries for a fruity, eye-catching finish!

Hungry Teenager | R39.40



Chicken Mayo Pancake | R22.17

Ingredients

- Chicken Burger Patty
- Mayonnaise
- Pancake
- Peanuts & Raisins
- Flapjack
- Nutella
- Gherkin
- Cucumber
- Carrot Sticks
- Tzatziki Sauce
- Strawberry

Directions

1. Bake a pancake using Snowflake Easymix Pancake and let it cool slightly 2. Air fry a chicken burger patty until golden and cooked through 3. Let it cool, then shred and mix with 1 tbsp mayonnaise & 1 chopped gherkin 4. Spoon the filling into the pancake, roll it up, cut in half, and wrap in sandwich paper for easy packing 5. Pack cucumber and carrot sticks for a fresh, crunchy side. 6. Pair with 30ml homemade tzatziki, made by mixing ½ grated cucumber (squeezed to remove water), 250ml greek yoghurt, 30ml lemon juice and 1 clove crushed garlic 7. Add a handful of peanuts and raisins for a crunchy punch. End on a sweet note with an Snowflake Easymix Flapjack, lightly drizzled with Nutella and two slices of fresh strawberry.

Hungry Teenager | R31.50



Chicken Sliders | R25.00

Ingredients

- Chicken Cheesy Bites
- Hashbrown
- Hot dog bun
- Cheese
- Marshmallows
- Yoghurt
- Granola
- Gherkin
- Butter

Directions

1. Air fry 3 Chicken bites until golden and crispy 2. Slice the bun into thirds, then split and butter each mini bun 3. Cut cheese to fit the base, top with a chicken bite and a gherkin slice, then close with the top bun 4. Secure each slider with a toothpick, and drizzle with mayo if desired. 5. Air fry 1 Hashbrown until golden and sizzling 6. Slice into "soldiers" – perfect as a fun chip-style side! 7. Spoon 25g Granola into a small jar and top with 100ml of yoghurt for a creamy, balanced treat. 8. Finish with 2 marshmallows for a fluffy, sweet surprise.

Hungry Teenager | R42.50



Fish Finger Wrap | R24.72

Ingredients

- Fish Fingers
- Wrap
- Mayonnaise
- Frozen Berry Mix
- Marshmallow Cones
- Berry Fruit Juice
- Red Cabbage
- Gherkin
- Yoghurt

Directions

1. Air fry Fish Fingers until golden and crispy 2. Shred some Red Cabbage and finely chop a Gherkin 3. Warm a wrap, then layer with cabbage, gherkin, and fish fingers 4. Drizzle with mayonnaise, roll it up tightly, and slice into four mini wraps 5. Blend together 40g Frozen Berry Mix, 80ml yoghurt and 80ml Berry Fruit Juice. Smooth, fruity and full of goodness! 6. Pop in one or two marshmallow-filled cones for a fun, fluffy treat!

Hungry Teenager | R37.73



Pulled Pork Wrap | R24.54

Ingredients

- Wrap
- Rib Patty
- Fusilli Pasta
- Tomato Sauce
- Onion
- Vinegar
- Oil
- Green Pepper
- Curry Powder
- Mini Muffins
- Fruit Salad
- Sugar
- Jelly

Directions

1. Grill the rib patty as per the packaging instructions. 2. Use a fork to shred half the patty, creating a tasty pulled pork-style filling. Cook 250g Fusilli pasta, drain and let cool 3. Finely chop ½ an onion and ½ a green pepper, then mix with the pasta 4. Whisk together: 125ml tomato sauce, 75ml vinegar, 75ml oil, 100ml sugar and 1 tsp curry powder, pour over pasta and mix well 5. Warm a wrap in the microwave for 30 seconds. 6. Fill with 1 cup of pasta salad and the pulled rib, then roll it up tightly 7. Slice into four mini wraps 8. Bake the mini muffins as per packaging instructions and add 2 to the lunchbox 9. Fill a jar with 100ml jelly and top with a colourful fruit salad.

NOTES: Store the rest of the salad in the fridge for up to a week.

Hungry Teenager | R40.80



Mini Charcuterie Box | R23.44

Ingredients

- Vienna Wheels
- Polony Wheel
- Spring Roll
- Pizzini
- Peanuts & Raisins
- Cocktail Tomatoes
- Grapes
- Naartjie

Directions

1. Slice a Vienna sausage into bite-sized disks 2. Add a Polony wheel 3. Air fry a Pizzini until hot and sizzling 4. Deep fry a Spring Roll until golden and crisp 5. Add a 30g handful of peanuts and raisins for a crunchy, energy-boosting snack 6. Balance it all out with a burst of fresh goodness: 3 cocktail tomatoes, ½ a naartjie, a small bunch of grapes (about 10). A feast for the eyes and a perfect nibble platter for any lunchbox!

Hungry Teenager | R36.40



Rib & Chip Basket | R24.97

Ingredients

- Marinated Rib Burgers
- Signature Smiles
- Savoury muffins
- Fruit Salad
- Cheese

Directions

1. Grill ½ a rib burger patty to juicy perfection, then slice into strips 2. Fry up some McCain signature smiles (as per the packaging instructions) – the perfect crispy sidekick! 3. Prepare Savoury muffins as per the packaging instructions. Boost the batter with 50g grated cheese and 1 cup chopped bacon 4. Bake, pack 1 muffin as a treat, and save the rest for those "Mom, I'm hungry!" moments 5. Slice up 1 strawberry, 6 grapes ½ an orange, ¼ apple and ¼ pear 6. Toss together for a vitamin-packed dessert that's fresh, fun, and colourful!

NOTES: Add a dipping sauce for extra flavour – try Farmhouse Pantry french fries & salad sauce for a tangy twist. Don't forget to include 2 eggs, 160ml cooking oil, and 375ml milk in your ingredients list – essential for mixing up that savoury muffin magic!

Hungry Teenager | R36.10



Russian Roll | R24.39

Ingredients

- Russian
- Hot Dog Bun
- Burger Sauce
- Yoghurt
- Fruit Salad
- Onion
- Grapes
- Naartjie
- Butter

Directions

1. Fry the Russian sausage to sizzling perfection 2. Sauté some onions until golden and soft – this makes a simple but tasty relish 3. Butter a hot dog bun and toast it in a pan until golden brown 4. Fill with the Russian and onion relish, then drizzle with your favourite burger sauce for extra flavour 5. Mix 1 strawberry, 6 grapes, ½ an orange, ¼ apple and ¼ pear to create a healthy fruit salad 6. Add a yoghurt on the side for a boost of calcium!

Hungry Teenager | R36.80



Chicken Burger | R22.92

Ingredients

- Burger Bun
- Mayonnaise
- Chicken Burger Patty
- Cheese Slices
- Signature Smiles
- Lemon Cream Cookies
- Lettuce
- Tomato
- Gherkin
- Orange
- Vienna

Directions

1. Follow packaging instructions to cook patty until crispy. 2. Add a slice of cheese during the last minute of cooking. 3. Toast buns until golden 4. Spread mayonnaise on the bun base, add lettuce and a tomato 5. Place the cheesy patty on top and add more mayonnaise if you like 6. Finish with the top bun on 7. Fry the McCain signature smiles as per packaging instructions 8. Slice half a vienna and half a gherkin into disks 9. Thread onto toothpicks to create 3 bite-size skewers 10. Chop half an orange into juicy segments 11. Toss in two lemon cream biscuits as a treat.

NOTES: Also try the Farmhouse Pantry creamy burger sauce or the Farmhouse Pantry french fries & salad sauce for alternative flavour to the burger or as a dipping sauce for the smiles!

Hungry Teenager | R35.60



Chicken Wrap | R24.20

Ingredients

- Wrap
- Chicken Strip
- Mayonnaise
- Boiled Egg
- Mini Sausage Roll
- Chicken Pops
- Lettuce
- Tomato
- Apple
- Oreo

Directions

1. Air fry 1 Chicken strip until golden, then slice into bite-sized pieces 2. Warm a wrap, then layer with lettuce, tomato, the chicken pieces, and a drizzle of mayonnaise 3. Roll it up tightly and cut into four mini wraps 4. Add a boiled egg, a mini sausage roll, and two chicken pops for an extra protein punch 5. Round it all off with a crisp apple and two Oreo biscuits for a sweet little treat.

Hungry Teenager | R36.95



Fish & Chip Basket | R23.81

Ingredients

- Fish Fingers
- Vegetable Fritters
- Fruit Skewer
- McCain Signature Smiles
- Eggs
- Milk

Directions

1. Pop four fish fingers into the air fryer or oven until golden and crispy 2. Fry up three McCain signature smiles (as per the packaging instructions) 3. Prepare two vegetable fritters as per the packaging instructions but level up the batter with 1 grated potato, 2 grated carrots, 1 fried onion and 100g sautéed mushrooms 4. Fry until golden 5. Pack 2 fritters as a lunchbox treat and save the rest for snack time later! 6. Chop and thread together 3 grapes, 1 strawberry and ¼ banana: A colourful, eye-catching fruit skewer for a healthy, happy bite!

NOTES: Add a dipping sauce for extra flavour – Try Farmhouse Pantry french fries & salad sauce for a tangy twist. Don't forget to include 2 eggs and 375ml milk in your ingredients list – essential for mixing up the vegetable fritter magic!

Hungry Teenager | R38.90



Eezee Noodle Muffins | R18.34

Ingredients

- Eezee Beef Instant Noodles
- Cocktail Tomatoes
- Yoghurt & Fruit Jar
- S'more
- Grated Cheese
- Egg
- Milk

Directions

1. Cook a packet of Eezee Beef instant noodles and let cool slightly
2. Mix in: 30g grated cheese, 1 egg, 30ml milk
3. Stir well, then scoop into a muffin tray lined with wrappers
4. Bake at 180°C for 12 minutes, until golden and set.
5. Pop two muffins into the lunchbox with a few cocktail tomatoes for a mini salad side
6. Spoon 100ml strawberry yoghurt into a small jar
7. Top with 30g frozen mixed berries for a chilled, vitamin-packed treat.
8. Add some S'mores magic: Place one marshmallow between two marie biscuits.
9. Microwave on medium for 10–12 seconds, just until the marshmallow puffs and softens.
10. Let cool slightly before packing – sweet, gooey fun in one bite!

Hungry Teenager | R28.40



Cocktail Vienna Boats | R24.42

Ingredients

- Cocktail Viennas
- Green Pepper
- Vegetable Fritter
- Cheese
- Wrap
- Onion
- Salt & Pepper
- Frozen Berry Mix
- Yoghurt
- Eggs
- Milk
- Ham

Directions

1. Take 3 Cocktail Viennas and slice a piece of cheese into three strips
2. Cut a wrap into 3 strips as well
3. Wrap each vienna with a strip of cheese, then wrap with the strip of wrap
4. Lightly brush with oil and bake at 180°C for 8 minutes, until the cheese melts and the wrap turns golden and crisp
5. Add a Vegetable fritter made with Snowflake Easymix Savoury
6. Include a breakfast quiche by whisking together: 2 eggs, 40ml milk, 100ml chopped ham, 50g grated cheese, 20ml chopped onion, 40ml chopped peppers and salt & pepper to taste
7. Pour into a lined muffin tray, making sure the ham and cheese are evenly spread
8. Bake at 180°C for 20 minutes, until golden.
9. Top 100ml yoghurt with 20g frozen berry mix for a refreshing, calcium-rich treat.

Hungry Teenager | R43.90



Ham & Cheese Toasties | R24.69

Ingredients

- Polony & Cheese Skewer
- Savoury Muffin
- Cheese Slice
- Bread
- Ham
- Butter
- Flapjack Mix
- Cashew Nuts
- Cherry
- Nutella
- Egg

Directions

1. Make a toasted sandwich using: 2 slices of Bread, 1 slice of Ham and 1 slice of Cheese 2. Butter the outside for that golden, crispy finish 3. Toast, then cut into triangles for easy munching 4. Add a Boiled egg on the side for a protein-rich filler 5. Bake 1 savoury muffin using Snowflake Easymix 5-in-1 Savoury 6. Make a fun snack skewer with polony wheels and cheese blocks 7. Toss in 15g of cashew nuts for a crunchy, energy-boosting snack 8. Stack a small flapjack with a rolled piece of pancake, pin with a toothpick, and top with a cherry for a cute and tasty mini dessert.

Hungry Teenager | R32.50



Hot Dog | R24.74

Ingredients

- Vienna
- Hot Dog Bun
- Onion
- Mustard
- Ham & Gherkin Roll
- Yoghurt & Granola
- Flapjack & Nutella
- Butter

Directions

1. Fry the Vienna for a few minutes until lightly browned 2. Sauté Onions until golden for a tasty relish 3. Butter a Hot Dog Bun and toast it in a pan until golden and crisp 4. Fill the bun with the Vienna and Onion relish, then top with a squeeze of mustard for a flavour boost! 5. Cut a gherkin in half and roll each piece in a slice of sandwich ham. 6. Secure with a toothpick for a fun, protein-packed snack bite 7. Spoon 25g granola into a small jar and top with 100ml of yoghurt for a creamy, balanced treat 8. Prepare flapjacks using the Snowflake Easymix instructions 9. Take one, drizzle with Nutella, and top with a fresh strawberry for a sweet and satisfying finish.

NOTES: Let the vienna cool slightly before assembling the hot dog, so the bun doesn't go soggy in the lunchbox.

Hungry Teenager | R33.10



Nachos | R24.63

Ingredients

- Nachos
- Guacamole
- Cheese
- Bacon
- Marshmallow Cone
- Cucumber
- Carrot
- Tzatziki

Directions

1. Layer 40g Nacho chips 2. Top with 30ml guacamole, sprinkle over 50g fried Bacon bits, and finish with 40g grated Cheese 3. Microwave until the cheese is melted, sizzling, and irresistibly gooey 4. Add a side of fresh cucumber and carrot sticks, paired with a creamy tzatziki dip for a cool, refreshing bite 5. Add two marshmallow cones. The perfect eye-catching treat to round off this tasty lunchbox.

Hungry Teenager | R41.50



Thai Chicken Salad | R24.00

Ingredients

- Chicken Strips
- Cashew Nuts
- Spring Rolls
- Peanut Butter Dip
- Cappuccino Muffin
- Lettuce
- Tomato
- Cucumber
- Orange

Directions

1. Cut one Chicken strip into thin strips and cook until golden 2. Shred lettuce, chop tomato, and slice cucumber 3. Toss everything together in a round container for a bright, crunchy base. 4. Add 2 spring rolls on the side as a tasty, additional bite. 5. Mix together: 20g Peanut butter, 5ml Soy sauce, 5ml Honey and 5ml Lemon juice: Ideal as a drizzle or dipping sauce for the salad and spring rolls. 6. Add a cappuccino muffin baked as per Snowflake Easymix packaging directions for a sweet finish. 7. Include half an orange, segmented, for a juicy burst of freshness.

NOTES: Remember to cater for 4 Eggs and 250ml Cooking oil when planning to bake the muffins. Muffins can be frozen and used as needed – perfect for prepping ahead.

Hungry Teenager | R41.60



Ham & Cheese Tower Sandwiches | R24.44

Ingredients

- Cheese Slices
- Vegetables Fritters
- Frozen Berry Mix
- Bread
- Ham
- Cocktail Tomatoes
- Fruit Juice
- Yoghurt
- Lettuce
- Butter

Directions

1. Cut the crusts off three slices of bread and butter each slice 2. Layer like this: Bread-Lettuce-Slice of Cheese-Slice of Ham-Bread-Lettuce Cheese-Ham-Final slice of bread 3. Cut the stacked sandwich into quarters 4. Secure each little tower with a toothpick and top with a Cocktail tomato for a colourful finish. 5. Add 2 Vegetable fritters, deep-fried and crispy, prepared using the Snowflake Easymix Savoury Fritter recipe 6. As a healthy dairy snack add a Berry smoothie by blending 40g Frozen Berry Mix, 80ml yoghurt and 80ml Fruit Juice together.

Hungry Teenager | R36.80



Ham & Cheese Sushi Rolls | R21.85

Ingredients

- Bread
- Ham
- Honey
- Strawberry
- Cheese Spread
- Cinnamon Sugar
- Cucumber
- Carrots
- Pear
- Cherry

Directions

1. Cut the crusts off 4 slices of bread and roll each slice flat with a rolling pin 2. Spread with Cheese spread, then layer with Sandwich ham 3. Place a thin carrot stick and cucumber stick on one end, then roll up tightly 4. Slice into bite-sized "sushi" rolls, perfect for little hands! 5. Slice a Pear into thin wedges 6. Drizzle with a touch of Honey and sprinkle with cinnamon for a naturally sweet, flavourful side 7. Use a Snowflake Easymix pancake, sprinkle with cinnamon sugar, and roll it up. 8. Cut into small sections, stack them on a skewer, and decorate with a cherry or strawberry slice on top for a fun, fruity dessert-on-a-stick.

Hungry Teenager | R33.60



Breakfast Quiche | R23.05

Ingredients

- Chicken Burger Patty
- Flapjack
- Berries
- Nutella
- Eggs
- Milk
- Salt & Pepper
- Green Pepper
- Salad Skewer
- Flapjacks Stack
- Cheese
- Onion
- Ham

Directions

1. Whisk together: 2 Eggs, 40ml Milk, 100ml chopped Ham, 50g grated Cheese, 20ml chopped Onion, 40ml chopped Peppers and Salt & Pepper to taste 2. Pour into a lined muffin tray, making sure the Ham and Cheese are evenly spread. 3. Bake at 180°C for 20 minutes, until golden 4. Air fry 1 Chicken burger patty until golden and cooked through 5. Slice into soldiers for an easy to grab, protein side 6. Bake three flapjacks using Snowflake Easymix 7. Spread a layer of Nutella between each one and stack them 8. Pin with a skewer and decorate the top with a strawberry, blueberries, and a blackberry for a colourful, sweet finale.

Hungry Teenager | R33.30



Baked Pasta & Bacon | R23.72

Ingredients

- Fusilli Pasta
- Tomato Paste
- Bacon Bits
- Cheese
- Egg
- Cocktail Tomatoes
- Cucumber
- Salad Skewer
- Flapjack Stack
- Milk

Directions

1. Cook 250g Pasta until al dente, then drain 2. Fry 100g Bacon bits until crispy 3. In a bowl, beat together 2 Eggs and 250ml Milk 4. Mix the egg mixture into the pasta with bacon. 5. Pour into a baking dish, sprinkle with 50g grated Cheese, and bake at 180°C for 15 minutes until bubbling and golden. 6. Let it cool completely, then dish ¼ of the pasta into a jar for a fun, layered lunchbox portion. 7. Thread onto a skewer a slice of cucumber, 2 cocktail tomatoes and a cube of cheese. Fresh, simple, and fun to eat! 8. Make 3 mini flapjacks using Snowflake Easymix flapjack mix. 9. Stack with fruit jam between each layer, then skewer and top with 2 blueberries for a fruity flourish.

Hungry Teenager | R35.10



Tuna Pasta Salad | R25.00

Ingredients

- Shredded Tuna
- Fusilli Pasta
- Mayonnaise
- Boiled Egg
- Peppers
- Grape Skewer
- Gherkin
- Puffs

Directions

1. Cook Fusilli pasta until al dente, then drain and let cool.
2. Finely chop $\frac{1}{4}$ Pepper and 1 Gherkin
3. Drain $\frac{1}{2}$ a tin of Tuna, then mix everything together with 30ml mayonnaise and 300ml cooled pasta
4. Scoop into a jar to keep it fresh, flavourful, and easy to grab!
5. Add a Boiled egg on the side for an extra protein boost to fuel the day
6. Cut Grapes diagonally and twist the halves to form cute grape hearts.
7. Thread onto a skewer for a sweet, love-filled finish, and add a handful of puffs for an extra spoil!

Hungry Teenager | R45.40



Curry Pasta Salad & Chicken | R22.77

Ingredients

- Cheesy Chicken Bites
- Tomato Sauce
- Fusilli Pasta
- Fruit Skewer
- Fruit Salad
- Jelly
- Green Pepper
- Curry Powder
- Onion
- Vinegar
- Oil
- Sugar

Directions

1. Cook 250g Fusilli pasta, drain, and let cool
2. Finely chop $\frac{1}{2}$ an Onion and $\frac{1}{2}$ a Green pepper, then mix into the pasta
3. In a separate bowl, whisk together 125ml Tomato sauce, 75ml Vinegar, 75ml Oil, 100ml Sugar and 1 tsp Curry powder.
4. Pour the sauce over the pasta and mix well
5. Chill thoroughly, then dish about $\frac{1}{4}$ into a jar for a flavour-packed lunchbox base
6. Air fry 5 Cheesy chicken bites until golden and cooked through: A tasty protein side that pairs perfectly with the pasta salad.
7. Thread a strawberry, $\frac{1}{4}$ banana (sliced into disks), and $\frac{1}{2}$ pancake (cut into small rounds) onto a skewer for a sweet, fun snack
8. Fill a small jar with 100ml jelly and top with a colourful fruit salad — bright and refreshing.

Hungry Teenager | R43.70



SHOPPING LIST

<input type="checkbox"/>	Avocado Plain 1kg	<input type="checkbox"/>	Manhattan Pink & White Sweets 150g
<input type="checkbox"/>	Britos No Pork French Polony 2kg	<input type="checkbox"/>	McCain Signature Hashbrown 1.2kg
<input type="checkbox"/>	Cherries With Stem 740g	<input type="checkbox"/>	McCain Signature Smiles 1.5kg
<input type="checkbox"/>	Country Deli Sliced Sandwich Ham 200g	<input type="checkbox"/>	Melrose Spread Cheddar 400g
<input type="checkbox"/>	Dlite Pure Cooking Oil 2lt	<input type="checkbox"/>	Mexicorn Nachos Round Lightly Salted 250g
<input type="checkbox"/>	Dr Oetker Bacon & Cheese Pizzini 32s	<input type="checkbox"/>	Nutella 350g
<input type="checkbox"/>	Eeze Beef Instant Noodles 5 X 65g	<input type="checkbox"/>	Oreo Chocolate Creme Cookies 128g
<input type="checkbox"/>	Eskort Chopped Ham Roll 500g	<input type="checkbox"/>	PB Juicy Beef Burger 20 X 100g
<input type="checkbox"/>	Eskort Marinated Rib Burgers 500g	<input type="checkbox"/>	Peanuts & Raisins 550g
<input type="checkbox"/>	Eskort Pork Russians 500g	<input type="checkbox"/>	Rhodes Berry Juice 1lt
<input type="checkbox"/>	Eskort Smoked Viennas 1kg	<input type="checkbox"/>	Rhodes Tomato Paste Cup 115g
<input type="checkbox"/>	Excella Mayonnaise Rich & Creamy 750g	<input type="checkbox"/>	Roasted And Salted Cashews 220g
<input type="checkbox"/>	Farmhouse Pantry Creamy Burger Sauce 750ml	<input type="checkbox"/>	Sasko Hotdog Buns White 330g
<input type="checkbox"/>	Farmhouse Pantry Mixed Fruit Jam 900g	<input type="checkbox"/>	Sasko Premium White Bread 700g
<input type="checkbox"/>	Farmhouse Pantry Plain Wrap 20s	<input type="checkbox"/>	Sasko White Burger Buns 330g
<input type="checkbox"/>	Farmhouse Pantry Tomato Sauce 700ml	<input type="checkbox"/>	Sausage Roll Mini Today 40 X 20g
<input type="checkbox"/>	First Choice Gouda Cheese Slices 200g	<input type="checkbox"/>	Sea Harvest Fish Fingers 2kg
<input type="checkbox"/>	First Choice Milk Low Fat 6 x 1lt	<input type="checkbox"/>	Snowflake Easymix 5-In-1 Savoury 1kg
<input type="checkbox"/>	Foodland Chicken Cocktail Spring Rolls 20 X 20g	<input type="checkbox"/>	Snowflake Easymix Cappuccino Muffin 1kg
<input type="checkbox"/>	Foodland Gouda Cheese Half Loaf 900g - 1.2kg	<input type="checkbox"/>	Snowflake Easymix Flapjack 500g
<input type="checkbox"/>	Foodland Mixed Large/X-Large Eggs 2.5 Doz (30)	<input type="checkbox"/>	Snowflake Easymix Pancake 500g
<input type="checkbox"/>	Freys Bacon Bits 1kg	<input type="checkbox"/>	Sovereign Crumbed Chicken Cheesy Bites 1kg
<input type="checkbox"/>	Freys Quality Cocktail Viennas 1kg	<input type="checkbox"/>	Sovereign Crumbed Chicken Cheesy Strips 1kg
<input type="checkbox"/>	Fruit Berry Mixed Fruit IQF 1kg	<input type="checkbox"/>	Sovereign S/Style Chicken Burger Crumbed 975g
<input type="checkbox"/>	Fruit Blueberry Mixed Fruit IQF 1kg	<input type="checkbox"/>	Sovereign S/Style Crumbed Chicken Pops 1kg
<input type="checkbox"/>	Fusilli Pasta Joy 500g	<input type="checkbox"/>	Stork Unilever Tub M/Fat 500g
<input type="checkbox"/>	Gherkins Dill in Glass 780g	<input type="checkbox"/>	Sundale Double Greek Plain Yoghurt 1lt
<input type="checkbox"/>	Heartland Original Granola 750g	<input type="checkbox"/>	Sundale Fruited S/Berry Yoghurt 1lt
<input type="checkbox"/>	Henro Lemon Cream Cookies 150g	<input type="checkbox"/>	Sundale Multi Pack Smooth Yoghurt 6 X 100g
<input type="checkbox"/>	Henro Marie Original Biscuits 150g	<input type="checkbox"/>	Tuna Shredded 170g
<input type="checkbox"/>	Henro My Scotties Shortbread Cookies 185g	<input type="checkbox"/>	Wow! Peanut Butter Smooth 400g
<input type="checkbox"/>	Honey Squeeze 500g		

Say goodbye to boring sandwiches and overpriced snacks! **Unbelievable Lunchboxes at Under R25** is packed with tasty, budget-friendly recipes that make prepping school or work lunches a breeze.

Every recipe is portioned and priced to keep you under R25 per serving – without skimping on flavour or fun. And for bigger appetites, we've included the 'Hungry Teenager' price, where the main item is simply doubled for **extra satisfaction**.

Whether you're feeding a picky eater or fuelling your workday, these **affordable lunchbox ideas** prove that good food doesn't have to cost a fortune.

**Items not sold by Econofoods were costed at the average retail price.*



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