



Share and Save with a Delicious Ryvita Crunch Lunch!

Simply get together with 4 friends, each contribute £1 a day towards a week's worth of ingredients, as listed on the Ryvita Lunch Crunch Shopping List. Then follow the daily menu planner! Enjoy!

The Menu planner for the Week:

Monday	Tuesday	Wednesday	Thursday	Friday
Slices of lean beef with horseradish sauce and a watercress on 3 Ryvita Original Crispbread	Ham slices with rich cream cheese and cucumber	Heart-warming soup with Ryvita Thins or Ryvita Crispbread served as croutons	Tuna mayonnaise with fresh tomato slices on 3 Ryvita Multigrain Crispbread	3 Ryvita Original Crispbread with rich cream cheese and salmon

The Shopping List for the Menu planner:

Shopping list	Cost (£)
Cream cheese	£0.99
Packet of ham slices x 2	£1.99
Soup x 3 (one = two portions)	£3.50
Packet of sliced beef x 2	£1.99
One small jar of Horseradish	£0.99
One bag of fresh watercress	£1.00
Cucumber	£1.00
Tinned salmon - x 2	£2.00
Small jar of low fat mayonnaise	£0.90
Plum tomatoes x 3	£0.99
One Tin of tuna	£1.50
Ryvita Original Crispbread x 2	£1.56
Ryvita Sunflower Oats & Seeds x 2	£2.70
Ryvita Multigrain x 2	£1.70
Ryvita Thins x 1	£1.89
	£24.70

With so many toppings and combinations, you can come up with your own favourites and adapt the menu to your own preferences!

For more recipe ideas and inspiration for your lunch box, visit www.lunchboxworld.co.uk

For a great range of lunch bags, check out the Lunchbox World Shop. We have something for everyone!