

## **FLAME INTERNATIONAL TUTORIAL ACADEMY**

### **EXPECTED TUCK LIST**

Mazoe 4 litres

Biscuits 1kg

Cerevita/ Corn Flakes 2 sachets

Tomato Sauce 2 bottles

Maheu 1 case (12 bottles)

Maputi 1 pack

Zapnax/ Mega Snacks 2 packs

Baked Beans 5 cans

Powdered Milk 1kg

Sweets 1 packet

Noodles 1 box

***NB: The above list is what the school would expect each pupil to have in their tuck case. This can take them up to exeat ( mid-term break) when they can refill. Anything beyond this is considered too much, let's not over pamper our children with food it's a distraction at times.***

### **Pocket Money:**

Form 1 – 4 20usd

Form 5 – 6 25usd

***NB: the above figures are not mandatory it can be less, if there are any programs that require funding the school will always advise parents/ guardians.***

Thank you

Principal