

Food Ideas

Breakfast

Cereal bars
Ready made pancakes
Porridge
Baked beans
Hot drinks- fruit teas, hot chocolate, coffee
Dried milk

Lunch

Pitta Bread and wraps
Nutella sachets
Tuna sachets
Jam

Snacks

Chocolate bars
Nuts
Dried fruit
Yogurt bars
Sweets

Starters for dinner

Cup of soup
Mug shots
Add croutons

Main meal

Pasta and sauce
Super noodles
Rice
Boil in the bag
Dehydrated meals
Add pepperoni for extra taste

Puddings

Jaffa Cakes
Angel cake
Jamaica cake
Custard