



Cereals

Tinned Vegetables

Tinned Tomatoes

Tinned Potatoes

Pasta or Spaghetti

Pasta Sauce

Sauces for Rice

Rice

Tinned Tuna

Tinned/ Packet Soup

Tinned Meat

Custard

Tinned Fruit

Rice Pudding

Baked beans

Ketchup/ Brown Sauce

Tinned Pasta

Mayo

Tea/ Coffee

Jam/ Spreads

Sweet/ Savoury Biscuits