

ONE WEEK FOOD HAMPER

PACK CONTENT*

Ingredients	Pack Size	Quantity
Jacket Potato	Each	2
Baked Beans	Tin (415g)	1
Cheese Portions	20g	4 each
Tuna	Tin (185g)	1
Soup (Chicken or Veg)	Tin	1
Bread	Loaf	1
Carrot	Each	2
Cucumber	Each	1
Tomatoes	Each	3
Yogurt	Each	2
Fresh Fruit	Each	3

*Pack content is subject to change

- ## SUGGESTED MEAL OPTIONS
- Jacket Potato with Beans & Cheese
 - Jacket Potato with Tuna
 - Cheese & Tomato Sandwich or Toastie
 - Tuna & Cucumber Sandwich Or Tuna Melt
 - Baked Beans on Toast
 - Soup with Croutons
 - Carrot & Cucumber Sticks
 - Tomato Wedges
 - Fresh fruit or Yoghurt