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**Tinned ready meals i.e. pies, curry, casseroles**  
**Tinned meat i.e. corned beef, ham/spam, hot dogs, tuna, salmon.**  
**Tinned Vegetables, Fruit & Potatoes**  
**Breakfast cereals & UHT Milk**  
**Fruit juice/squash**  
**Rice pudding, Custard, Jam**  
**Pasta sauces**  
**Biscuits**  
**Tea, Coffee & Sugar**

