

**SELECT A SINGLE ITEM FROM THE LIST BELOW**

**DRIED PRODUCE**

BOX OF CUP-A SOUPS  
PACKET MASH POTATO  
SPAGHETTI  
RICE  
PASTA  
PASTA IN SAUCE (PACKETS)  
POT NOODLES  
NOODLES (SINGLE PACKS)  
BISCUITS (PACKET)

**BREAKFAST PRODUCE**

PORRIDGE OATS  
BOX OF CEREAL  
JAM  
MARMALADE

**CLEANING ITEMS**

WASHING-UP LIQUID  
DISH CLOTHS  
PAN SCOURERS/SPONGE

**TOILETRIES**

SHOWER GEL  
HAIR SHAMPOO  
TOOTHPASTE /TOOTHBRUSHES  
FACE CLOTHS  
SPONGES  
SHAVING FOAM / RAZORS

**TINNED PRODUCE**

TIN OF SOUP  
TIN POTATOES  
TIN VEGETABLES  
MINCED BEEF AND ONIONS  
CHICKEN IN WHITE SAUCE  
BEEF OR CHICKEN CURRY  
BEEF STEW  
IRISH STEW  
CHICKEN STEW  
HEINZ RAVIOLI  
SPAGHETTI BOLOGNESE  
CHILLI -CON-CARNE  
BEEF STEW & DUMPLINGS  
MACARONI CHEESE  
MEATBALLS  
BAKED BEANS  
HOT DOGS  
SARDINES  
SPAGHETTI  
RICE PUDDING  
SPONGE PUDDING  
TINNED FRUIT  
SANDWICH SPREAD  
CUSTARD (PACK OR TINNED)