



# Food Ideas

## Breakfast

- Cereal bars
- Ready made pancakes
- Pan au chocolat
- Brioche
- Porridge
- Hot drinks - fruit teas, hot chocolate or coffee

## Lunch

- Pitta bread
- Wraps
- Malt loaf
- Chocolate spread/jam
- Tuna sachets
- Breakfast items
- Flapjacks

## Snacks

- Chocolate bars
- Cereal bars
- Dried fruit
- Yogurt bars
- Sweets
- Breakfast items

## Starters for Evening Meal

- Cup of soup
- Mug shot
- Add croutons

## Main Evening Meal

- Pasta and sauce
- Noodles and sauce
- Rice
- Dehydrated meals
- Boil in the bag (HEAVY)
- A pepperoni or tuna for extra taste

## Pudding

- Jaffa Cakes
- Angel cake
- Golden syrup cake
- Powder custard
- Hot chocolate

**Consider allergies within your group.**