



FOOD HAMPER WHAT'S INCLUDED

5 Day Meal & Snack Hamper with Recipes

Jacket Potato	1	Banana	1
Tomato	1	Pepper	1
Onion	1	Tomato soup mix	10g
Carrot	1	Mild cheddar*	100g
Pasta penne	100g	Vegetable soup mix	10g
Sultanas	40g	Eggs*	1 pack
Noodles	1 nest	Bread roll mix	1 pack
Rice	100g	Dried banana chips	40g
Apple	1	Mixed biscuits	2 mini packs
Pear	1		

***PLEASE PLACE THE CHEESE AND EGGS INTO YOUR REFRIGERATOR**

Day 1 - Jacket potato with cheese and tomato

Day 2 - Pasta with tomato and vegetable sauce

Day 3 - Vegetable stir fry with noodles

Day 4 - Vegetable Rice

Day 5 - Cheese omelette with homemade bread roll

There is also a homemade bread recipe, two types of dried fruit, three pieces of fresh fruit, and two mini pack of biscuits to snack on.

Our chefs are always on site, so if you get stuck, feel free to ask for some advice!

