

FOOD BANK FOOD LIST

<u>WEEKLY</u>	<u>MONTHLY</u>
<u>BREAKFAST</u>	PORRIDGE OATS
CEREAL	TEA
BREAD	COFFEE
MILK (FRESH) OR	SUGAR
MILK (LONGLIFE)	SHOWER GEL
	WASHING UP LIQUID
<u>SOUPS (SELECT UP TO 2)</u>	TOILET ROLL
TOMATO	TOOTHPASTE
CHICKEN	KIDS TOOTHPASTE
VEGETABLE	
<u>TINNED FOODS</u>	
BAKED BEANS	
SPAGHETTI HOOPS	
HOT DOGS	
BEANS & SAUSAGES	
TOMATOES	
CHICKPEAS	
PEAS	
CARROTS	
SWEETCORN	
STUFFING	
GRAVY	
POTATOES	
TUNA	
RAVIOLI	
<u>DRIED FOODS</u>	
MAC & CHEESE	
PASTA OR SPAGHETTI	
RICE	
INSTANT NOODLES	
<u>SWEETS (Select 1)</u>	
RICE PUDDING	
CUSTARD	