50g
QUAKER OATS
2 MINS
Oat So Simple
ORIGINAL
Just Add
HOT WATER
For Perfect
CREAMY PORRIDGE

9
SACHETS
QUAKER OATS
OAT SO SIMPLE
GOLDEN SYRUP x3
ORIGINAL x3
APPLE & BLUEBERRY x3
VARIETY PACK
helps lower Cholesterol

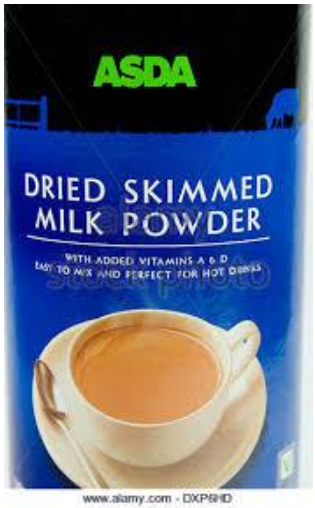
URBAN FRUIT
just fruit, gently baked
MAGNIFICENT
MANGO

LOW FAT
The original malt loaf
Soreen
Deliciously squidgy energy
LOW FAT

NATURE VALLEY
CRUNCHY
granola bars
NOW
Better Crunch
EASIER TO BITE!
Oats 'n Honey
190
12

Breakfast

TESCO
SWISS STYLE
MUESLI


ASDA
DRIED SKIMMED
MILK POWDER
WITH ADDED VITAMINS A & D
EASY TO MIX AND PERFECT FOR HOT DRINKS
www.alamy.com - DXP8HD

Lunch

JOHN WEST
Light LUNCH

JOHN WEST
Light LUNCH

Batchelor's
CUPa SOUP
with CROUTONS
CHICKEN & VEGETABLE

HERITAGE
MEXICAN
6 Flour Tortilla Wraps

Walkers
HIGHLAND
OATCAKES

PRINCES
Tuna Steak
in brine

ORIGINAL
Peperami

PALACIOS
CHORIZO

chicken laksa
rice noodle pot
by Sainsbury's
Moroccan style
grain pot
by Sainsbury's
chicken & mushroom risotto
by Sainsbury's
150 pulled pork & beans
by Sainsbury's

Dinner

Napolina
PENNE
premium quality Italian pasta

No artificial colours
DOLMIO
CARBONARA

DOLMIO
express!
Minced beef
bolognese
original
SERVES ONE

No artificial
SERVES ONE
DOLMIO
MINI MEATBALLS
150 g

Uncle Bens
Risotto

TESCO
Instant
Mashed
Potato
Just add boiling water

EASY
OUTDOOR
FOOD

EASY
OUTDOOR
FOOD

EXPEDITION QUALITY
ADVENTURE FOOD
HIGH ENERGY
600
KCAL
PERFECT BALANCE
Expedition Breakfast
VEGETARIAN
FOR INTENSIVE OUTDOOR ACTIVITIES

Macaroni and Cheese

PALACIOS
Auténtico
CHORIZO
Español

PRINCES
Tuna Steak
in brine

Uncle Bens
SAVOURY CHICKEN FLAVOURED RICE

Herta
Frankfurter
4 CLASSICS

Uncle Bens
EXPRESS
BASMATI-REIS
RIZ BASMATI
2

Dessert/Snacks