



# 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!**

