

Soup
Baked beans
Tinned spaghetti
Tinned vegetables
(no tomatoes or kidney
beans)
Tinned potatoes
Tinned fruit
Rice pudding
Custard
Biscuits
Pasta
Pasta sauces
Rice
Noodles
Instant mash

Ravioli
Spam
Fray bentos pies
Tinned meatballs
Tinned sausages
Tinned beef
Tinned fish
Juice
Tea
Coffee
Sugar
Milk
Bread
Butter
Cereal
Toiletries