



ISOLATION ESSENTIALS BOXES



MEAT & FISH £20

Box Contains
Ham 500g x1
Tuna 185g x1
Eggs x6
Milk 1pt x2
Butter 250g x1
Muller Rice 180g x1
Pain Au Chocolate 52g x1
Long Grain Rice 400g x1
Pasta 1kg x1

Tomato Sauce 800g x1
Kingsmill Wholemeal Bread 800g x1
Fruit & Fibre 45g x2
Coco Pops 35g x2
Sweet & Sour Pot Noodle 90g x1
Orange Juice 1lt x1
Vegetable Soup x1
Baked Beans 415g x1
White Kidney Beans 400g x1
Chickpeas 400g x1
Banana x3
Jazz Apple x2



VEGETARIAN £20

Box Contains
Halloumi Cheese 250g x1
Artichoke Hearts 390g x1
Eggs x6
Milk 1pt x2
Butter 250g x1
Muller Rice 180g x1
Pain Au Chocolate 52g x1
Long Grain Rice 400g x1
Pasta 1kg x1

Tomato Sauce 800g x1
Kingsmill Wholemeal Bread 800g x1
Fruit & Fibre 45g x2
Coco Pops 35g x2
Sweet & Sour Pot Noodle 90g x1
Orange Juice 1lt x1
Vegetable Soup x1
Baked Beans 415g x1
White Kidney Beans 400g x1
Chickpeas 400g x1
Banana x3
Jazz Apple x2



VEGAN £20

Box Contains
Tofu 349g
Artichoke Hearts 390g x1
Soya Milk 1lt
25x 10g Flora Portions
Dairy Free Blueberry Croissant x1
Long Grain Rice 400g x1
Pasta 1kg x1
Tomato Sauce 800g x1
Kingsmill Wholemeal Bread 800g x1

Sweet & Sour Pot Noodle 90g x1
Orange Juice 1lt x1
Vegetable Soup x1
Baked Beans 415g x1
White Kidney Beans 400g x1
Black Eyed Beans 400g x1
Chickpeas 400g x1
Banana x3
Jazz Apple x2
Coco Pops
Fruit & Fibre



GLUTEN FREE £25

Box Contains
Ham 500g x1
Tuna 185g x1
Eggs x6
Milk 1pt x2
Butter 250g x1
Muller Rice 180g x1
Long Grain Rice 400g x1
Gluten free Pasta 400g x1
Tomato Sauce 800g x1

Gluten Free Farmhouse Bread 535g x1
Thai Green Curry Lentil Pot 75g
Orange Juice 1lt x1
Baked Beans 415g x1
White Kidney Beans 400g x1
Chickpeas 400g x1
Banana x3
Jazz Apple x2
Artichoke Hearts 390g x1

ESSENTIAL READY-MADE MEAL BOX

ONLY AVAILABLE DURING KITCHEN OPENING HOURS

MONDAY-FRIDAY 7.00-19.00
WEEKENDS 8.00-14.00



1x Variety Cereal Pack
2x Milk
1x Loaf of Bread
1 x 250g Butter
3x Meat or vegetarian frozen microwavable meals
3x Bananas
2x Satsumas
2x Jazz Apples
2x Side salads
2x Vegetable Soup
1x Baked Beans

£15

Meat - Chicken Casserole, Chilli Con Carne and Fish Pie
(These are complete meals)



1x Variety Cereal Pack
2x Milk
1x Loaf of Bread
1 x 250g Butter
3x Meat or vegetarian frozen microwavable meals
3x Bananas
2x Satsumas
2x Jazz Apples
2x Side salads
2x Vegetable Soup
1x Baked Beans

£15

Vegetarian - Smokey Three Bean Chilli, Vegan Penang Curry and Italian Tomato Pasta Bake
(These are complete meals)