

## FOOD MENU OPTIONS

**IMPORTANT--** *PLEASE STATE ANY FOOD ALLERGIES YOU MAY HAVE BELOW !*

**BREAKFAST OPTIONS** *STATE ANY OTHER ITEM YOU MAY LIKE TO ADD OR YOU DISLIKE BELOW*

- WHEATBIX
- 2 PORRIDGE
- 3 MUESLI

OTHER CEREAL - PLEASE STATE

**ALSO STATE ANY FOOD ALLERGIES  
OR MEDICATION VIA EMAIL**

### LUNCH OPTIONS

- 1 2MINUTE NOODLES
- 2 TUNA CANS
  - FRESH WATER
  - CHILLI
  - OLIVE OIL
  - LEMON
- 3 SALAMI
  - HOT
  - MILD
- 4 BREAD
- 5 CHEESE SLICES
- 6 FRUIT
  - APPLES
  - ORANGES

### SNACKS

- 1 MUESLI BARS
  - BARS
- 2 CHOCOLATE
- 3 PEANUTS

### TEA

FREEZE DRY TICK PREFERRED FLAVOURS BELOW

1. BEEF

- A BEEF STROGANOFF
- B SPAGHETTI BOLOGNAISE
- C BEEF TERIYAKI
- D BEEF & PASTA HOT POT

2. CHICKEN

- A ROAST CHICKEN
- B HONEY SOY

3. LAMB

A ROAST LAMB & VEGES

B MORROCAN LAMB

C SWEET & SOUR LAMB

4. VEGETERIAN

A NASI GORING

**OTHER**

1 TEA

2 COFFEE

3 MILO

4 MILK

:

1 VEGETABLES

2 MEATS

3 PASTA

4 FISH

5 RICE

6 BREAD

*STATE ANY OTHER FOOD YOU MAY LIKE TO ADD OR YOU DISLIKE*