FOOD MENU OPTIONS

IMPORTANT-- PLEASE STATE ANY FOOD ALERGIES YOU MAY HAVE BELOW!

BREAKFAST OPTIONS
STATE ANY OTHER ITEM YOU MAY LIKE TO ADD OR YOU DISLIKE BELOW
1 WHEATBIX
2 PORRIDGE
3 MUESLI
OTHER CEREAL - PLEASE STATE

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

SNACKS
1 MUESLI BARS
   BARS
2 CHOCOLATE
3 PEANUTS

TEA
FREEZE DRY TICK PREFERENCES 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 
   5  POWER AID

   1  VEGETABLES  
   2  MEATS 
   3  PASTA  
   4  FISH  
   5  RICE  
   6  BREAD

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