	Thursday	Friday	Sabbath	Sunday
	26th July	27th July	28th July	29th July
Early Delivery		8:00am EMERGENCY DELIVERY ONLY	8:00am EMERGENCY DELIVERY ONLY	8:00am Remainder of fruit
		CEREAL	CEREAL	CEREAL
		Weetabix	Weetabix	Weetabix
		Cornflakes Cheerios	Cornflakes Cheerios	Cornflakes Cheerios
		Muesli	Muesli	Muesli
BREAKFAST		MILK	MILK	MILK
		SCRAMBLED EGGS	SCRAMBLED EGGS	VEGETARIAN SAUSAGES
		VEGETARIAN SAUSAGES BAKED BEANS	BAKED BEANS WHOLEMEAL BREAD	BAKED BEANS WHOLEMEAL BREAD
		WHOLEMEAL BREAD	FRUIT	FRUIT
		FRUIT	HOT DRINK	HOT DRINK
		HOT DRINK		
Morning Delivery				TAKEAWAY SANDWICHES/WRAPS
		10:00am	10:00am	Polony
		Friday Fruit Top-up Van	EMERGENCY DELIVERY ONLY	Cheese
		Friday Supper		Hummus Dairy-free margarine
		Sabbath Breakfast		Margarine
		Sabbath Lunch		Jam
		Sabbath Supper		Cucumber Lettuce
Lunchtime Delivery				Tomato
				Sandwich bags
				Medium resealable bags wholemeal Bread
		1:00pm	1:00pm	MUFFINS/SNACK BARS
		1.00pm	1.00pm	FRUIT JUICE
		EMERGENCY DELIVERY ONLY	EMERGENCY DELIVERY ONLY	
				Starter Pack Brown sugar
				Onions
LUNCH		SPAGHETTI BOLOGNESE	RICE	Salt
		Dried Packet soya mince	Brown/Basmati Rice	Black Pepper
		Smooth Tomato Pasta Sauce Garlic	STEW PEAS Tinned kidney beans	Mixed Herbs Margarine
		Onions	Coconut milk	Hot Chocolate
		Vegetable Stock Cubes	DUMPLINGS	Long-life semi-skim milk
		Plain Spaghetti	BOILED POTATOES	Soya Milk
	1:00pm - 6:00pm	GARLIC BREAD	SALAD Lettuce	Apple Juice Orange Juice
	Camporee Starter Pack	Fresh Baguettes Margarine	Fresh Carrots (for carrot sticks)	Self-raising flour
	Thursday Supper	Garlic	Tinned Sweetcorn	Plain Flour
	Friday Fruit Starter Pack	VEGETABLE	Cherry Tomatoes	Fruit jam
	Friday Breakfast Friday Lunch	Packed mixed vegetables Fresh Carrots	Cucumber (for cucumber sticks)	
		Cucumber	DESSERT	
			Cake slab	Fruit Box (Topped Up Daily)
		DESSERT	FRUIT JUICE	Bananas
		Selection of muffins WHOLEMEAL BREAD		Oranges Apples
		FRUIT JUICE		Seasonal Fruit
Evening Delivery		6:00pm	6:00pm	
		Sabbath Fruit Top-up Van	Sunday Fruit Top-up Van	Warehouse
		EMERGENCY DELIVERY ONLY	Sunday Breakfast Packed lunches for travelling home	Items required on this list MUST be pr ordered by the clubs before 30th Jun
			Tucked functies for traveling forme	2018
				Decaffeinated Teabags
SUPPER	PASTA	BURGER N BUNS	PASTA	Mint Teabags Lemon & Ginger Teabags
	Pasta	Quorn or other burgers	Pasta	Almond Milk *
	MEATBALLS Vegetarian Meatballs	Unseeded burger buns Ketchup	Pasta Sauce SLICING SAUSAGE	Gluten-free burger buns * Soya Ice-cream *
	Pasta Sauce	Lettuce	Slicing sausage	Gluten-free Cake *
	SALAD	Tomatoes	NAAN BREAD	Porridge *
	Lettuce Fresh Carrots (for carrot sticks	Mayonnaise MASH POTATOES	SALAD Lettuce	Gluten-free burger Bread * Vegan mayonnaise *
	Tinned Sweetcorn	White potatoes	Fresh Carrots (for carrot sticks)	· cBarring formulae
	Tomatoes	Margarine	Tinned Sweetcorn	NTURER
	Cucumber (for cucumber stick BREAD & BUTTER	Long-life semi-skimmed milk Soya Milk	Tomatoes Cucumber (for cucumber sticks)	NE CT
	Wholemeal bread	LIGHT SNACKS	DESSERT	
	Margarine DESSERT	Popping Corn Variety of sweet biscuits	Selection of cakes Vanilla ice-cream	
	Cookies and doughnuts	Cream crackers	HOT DRINK	
	HOT DRINK	HOT DRINK	Hot chocolate	Ferress.
	Hot chocolate Fruit Teas	Hot chocolate Fruit Teas	Fruit Teas	With
	Fluit leas	That reas		FEST SUSSEX 201
	Fluit leas	ALLERGY WAR	NING	ST SUSSEX D