

# Single Food Box Menu Guide

Here are a few ideas about how you can cook the food supplied in your box. When some of the items are unavailable we sometimes have to make substitutions, but this menu planner should give you a basic idea of the kinds of meals you can create. If you have any suggestions on how we can improve this guide please let us know via the person who gave you this box, thank you.

**Breakfast** Cereal, fruit juice, and tea

**DAY 1**

**Lunch** Soup with pasta

*Empty 1 tin of soup into a pan and heat through. Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes, drain off water, and add to soup.*

**Dinner** Ham hash (or tinned meat) with beans, potatoes/or vegetables  
Rice pudding and tinned fruit

*Cut up the ham (or meat) and the potatoes/or vegetables into small chunks. Heat up 1 tin of baked beans and add the meat and potatoes/or vegetables.  
Serve the rice pudding (hot or cold) on top of 1 tin of fruit*

---

**Breakfast** Cereal , fruit juice, and tea

**DAY 2**

**Lunch** Corned beef (or tinned meat) and pasta, with tomatoes

*Empty 1 tin of tomatoes into a pan and heat through. Cut the corned beef (or meat) into chunks and add to the tomatoes. Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes & add to the tomato & meat mixture.*

**Dinner** Tuna pasta with vegetables  
Tinned fruit

*Mash up the tuna with a fork and add 1 tin of vegetables. Heat this through. Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes. Mix together.*

---

**Breakfast** Cereal , fruit juice, and tea

**DAY 3**

**Lunch** Soup with pasta

*Empty 1 tin of soup into a pan and heat through. Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes, drain off water, and add to soup.*

**Dinner** Pasta with tomatoes and beans

*Open 1 tin of tomatoes and add these to a pan with 1 tin of baked beans. Mix up with a fork and heat through. Cook 75g of dry pasta (approximately 2 handfuls) in boiling water for 10-12 minutes. Serve with tomato and bean sauce on top.*