

St Matthew's Worthing

St Matt's Meal Shopping List:

Pasta (500g)

Rice (500g/1kg)

Tinned tomatoes, pasta sauce, pesto

Tinned ham, corned beef, spam, tuna

Fray Bentos Pies

Tinned mince, curry, meatballs, stew, hotdogs, chicken casserole, chicken in white wine sauce

Tinned vegetables, incl potatoes, mixed bean salad, ratatouille

Instant mashed potato

Long life tortilla wraps, pitta bread, ciabatta, baguettes

Tinned/long life fruit

Tinned/long life rice, semolina, tapioca pudding

Tinned/long life sponge, pies, cakes

Tinned/long life custard, evaporated milk

Jelly, Angel delight (with 1ltr long life milk)

Tinned beans, spaghetti, ravioli