

Self-isolation meal box

Core box

Toilet roll
Small hand sanitiser
Fruit (2 pieces)
Bottled water (x2)
Soft drink
Chocolate bar
Cereal / wholefood bar
Coffee sachets x 4
Tea bags x 4
Milk jiggers x 8 (soya milk is available on request)
Packet of crisps

Select 1 item from the following:

Double chocolate muffin (v)
Baked and wrapped croissant (v)
Vegan croissant (vg)

Select 2 items from the following:

Lasagne verdi
Vegetable lasagne verdi (v)
Cauliflower and red pepper curry with rice (vg)
Chicken tikka masala with rice
Black bean jambalaya (v)

Chef's choice wrap
Chef's choice vegetarian wrap (v)

Chicken Caesar salad
Greek salad (v)
Garden salad (vg)

v – suitable for vegetarians vg – suitable for vegans



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