



Potato



Noodles



Rice



Pasta



Brown bread



White bread



Butter



Sweets



Cottage  
cheese















Orange juice















Frozen peas



Crisps

 <p>Carrot</p>	 <p>Canned sweetcorn</p>	 <p>Broccoli</p>	 <p>Tomato</p>
 <p>Lettuce</p>	 <p>Canned tomatoes</p>	 <p>Banana</p>	 <p>Apple</p>
 <p>Grapes</p>	 <p>Chocolate</p>	 <p>Jam</p>	 <p>Biscuits</p>

 <p>Chicken</p>	 <p>Minced beef</p>	 <p>Fish</p>	 <p>Eggs</p>
 <p>Chick peas</p>	 <p>Milk</p>	 <p>Yogurt</p>	 <p>Brie</p>
 <p>Cheese</p>	 <p>Chapattis</p>	 <p>Pitta bread</p>	 <p>French stick</p>