Breakfast	Drinks	Cereals/Pasta	Dairy	Meat	Vegetables	Sundries
Instant oatmeal	Cup a soup	Pitta bread	Cheese	Beef jerky	Instant rice	Chocolate (not in Summer)
Dried fruit	Instant chocolate	Bagels	Powdered milk	Packet tuna	Dried vegetables	Bouillon stock cubes
	Tea	Tortillas		Pre-cooked meat	Instant mashed potato	Sachets of peanut butter
	Gatorade (powdered)	Ramen		Hot dogs	Dried mushrooms	Trail mix
	5 minute packet soups	Tortellini		Pepperoni sticks	Sun dried tomatoes	Cookies
	Tang	Hot dog rolls		Beef stick	Dried onions	Marshmallows
		Noodles/spaghetti				Nuts
		Pot noodles				Granola bars
						Crushed chillies
						Herbs/spices
						Casserole sauces
						Pringles