

Meal		
Wednesday lunch	Cheese sandwiches	cheese bread carrots
Wednesday dinner	Chicken Fajitas	chicken onions green pepper tsatziki tortillas wine
Thursday breakfast	Bread & spreads	bread apples PB/spreads
Thursday lunch	Cheese bagels	cheese bagels apples
Thursday dinner	Pasta/tomato sauce	prepared pasta onion garlic cheese - romano
Friday breakfast	Oatmeal	instant oatmeal dried apples / raisins
Friday lunch	bagels & PB	bagels PB/spreads
Friday dinner	Falafels	falafel mix tahini mix onion
Saturday breakfast	Pancakes	pancake mix maple syrup
Saturday lunch	Bread & spreads	black bread PB / honey / nutella
Saturday dinner	Bean soup	bean soup mix dried mushrooms sundried tomatoes onion garlic
Sunday breakfast	Granola & milk	granola dried apples milk powder honey
Sunday lunch	Couscous	couscous soup mix almonds/raisins
Sunday dinner	Tomato/herb fusilli	tomato/herb fusilli mix powdered cheese
Monday breakfast	Biscuits	biscuit mix powdered milk PB honey
Monday lunch	Ramen	ramen
Monday dinner	TVP chili	chili mix sundried tomato

		dried mushrooms red lentils rice boil-in-bag
Tuesday breakfast	Oatmeal	instant oatmeal dried apples/cranberries
Tuesday lunch	Couscous	couscous soup mix almonds/raisins
Tuesday dinner	Pasta, again	
Wednesday breakfast	Granola & milk	granola dried apples milk powder honey
(Wednesday lunch)	P-store	
Desserts	Popcorn Marshmallows Sturdy kinds of cookies Graham crackers Chocolate chips	
Extras	Seasoning kit Extra onions Oil Margarine Sugar Chocolate bars (non-melty) Gorp, several kinds Instant rice etc. Dried soups Honey, etc. spreads Hard candies Granola bars	
Drinks	Coffee - preground Tea, several kinds Hot chocolate mix Ovaltine / milk combo Juice mix, several kinds Strong drink, several kinds	