



SUGGESTED ITEMS

FOR FAMILY OF FOUR

SPAGHETTI MEAL

spaghetti meat sauce (24 oz)
spaghetti pasta (1 lb)
canned mushrooms (6.5 oz)
canned sweet corn (15.25 oz)
canned mixed fruit (15 oz)

CORNERD BEEF MEAL

canned corned beef (12 oz)
bag of rice (1 lb)
canned pigeon peas (15 oz)
canned mixed vegetables (15 oz)
canned sweet corn (15.25 oz)
instant classic decaf coffee (7 oz)

