

Food list

Food	Price	Calories
BREAKFAST		
Instant porridge sachet	52p	180kcal per sachet
500g box Crunchy Nut Cornflakes	£2.69	121kcal per serving
Tinned full English breakfast	£1.50	418kcal per tin
Fresh milk 4 litre	£1.84	146kcal per cup
Bacon 6 slice pack	£1.75	130kcal per 2 slices
Powdered milk tub	£1.88	313kcal per cup
Sausage 6 pack	£2.25	188kcal per sausage
6 eggs	£1.30	156kcal per 2 eggs
Muesli bar 5 pack	£3.45	185kcal per bar
Tin of baked beans	79p	390kcal per tin
Bread loaf	83p	94kcal per slice
Jam jar	£1.27	40kcal per tablespoon
LUNCH		
Ham sandwich pack	£2.20	330kcal per sandwich
Cup-a-soup pack of 6	£1.19	80kcal per sachet
Sausage roll pack of 6	£1.75	349kcal per sausage roll
Tinned oxtail soup	95p	178kcal per can
Instant noodles per pack	85p	349kcal per pack
Instant pasta per pack	99p	257kcal per pack
Crackers box	69p	15kcal per cracker
Beef jerky 25g bag	£1.50	336kcal per bag
Chicken pie large pie	£2.50	473kcal per 1/3 of large pie
Cornish pasty pack of 6	£3.00	324kcal per pasty

WORKSHEET

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DINNER		
Roast potatoes per bag	£1.95	128kcal per serving
Chicken fajitas for all ingredients for 8	£7.84	518kcal for fajita
Tinned chilli	£1.79	520kcal per can
Instant pasta per pack	99p	257kcal per pack
Carrots	90p	41kcal per serving
Cup-a-soup pack of 6	£1.19	80kcal per sachet
Smoked sausage 225g	£2.50	297kcal per 100g
Tinned mackerel	66p	240kcal per tin
Tin of baked beans	79p	390kcal per tin
Dried rice 500g bag	89p	123kcal per serving
Jelly cube pack	65p	110kcal per serving
Instant custard for 2	27p	109kcal per serving
Ice cream tub	£1.89	286kcal per serving
DRINKS AND SNACKS		
Hot chocolate per sachet	32p	66kcal per sachet
Can of coke	68p	139kcal per can
Tea per box	£1.55	3kcal per bag
Coffee per jar	£3.70	3kcal per tsp
Orange juice 1 litre	75p	112kcal per cup
Crisps per bag	78p	184kcal per bag
Apple	32p	52kcal per apple
Nuts	69p	255kcal per 30 nuts
Dried fruit	£1.43	97kcal per bag
Muesli bar 5 pack	£3.45	185kcal per bar
Biscuits pack	86p	84kcal per biscuit
Banana pack of 6	£1.11	105kcal per banana
Flapjack box of 5	£1.00	132kcal per bar
Crackers box	69p	15kcal per cracker
Chocolate bar	60p	240kcal 45g bar
Fruit Winders pack of 6	£1.79	89kcal per pouch