

SUITABLE FOOD (Bia Oiriúnach)



Here are some ideas to help you!

BRICFEASTA

Cereal
Porridge
Juice
Jam
Peanut Butter
Baby Food

LÓN

Dry noodles/rice
Dry/canned soup
Canned meat and fish
Cooking Oil
Mustard/Ketchup/Mayo
Cereal/Granola bars
Crackers

DINNÉAR

Canned/jarred veg
Rice
Pasta
Noodles
Stuffing Mix
Stock cubes/bisto
Canned fish/meats

MILSEOGA

Cake mixes
Canned fruit
Jelly
Custard Mix
Christmas pudding
Sugar

TREATS/DRINKS

Tea/Coffee
Hot chocolate
Soft Drinks
Biscuits
Chocolates
Crisps

HOUSEHOLD ITEMS

Tin foil
Cling film
Washing up liquid
Toiletries



Táimid an-bhútoch as gach tabhartas!