

Haarlem Jamborette 2023

Food Supply

Recipes & Groceries





Content

1. General information	3
2. Diner recipes.....	3
Day 01 – Baked potatoes, green beans and sausages	3
Day 02 – Nasi (fried rice) with chicken.....	4
Day 03 – Fusilli pasta with tomato sauce.....	5
Day 04 – Tortilla wraps.....	6
Day 05 – Chicken curry.....	7
Day 06 - “Stamppot” endive & sausages.....	8
Day 07 – Couscous with ratatouille & meatballs	9
Day 08 – Chili con carne, rice and nachos.....	10
Day 09 – Spaghetti pasta, pesto, chicken.....	11
Day 10 - Broccoli, cooked potatoes, gravy & hamburger	12
Day 11 – Pita chicken gyros.....	13
3. Breakfast / Lunch recipes	14
Day 02 & 10 – Breakfast: Eggs + Bacon.....	14
Day 03 – Breakfast: Cereals mix	14
Day 03 & 09 – Lunch: BLT sandwiches with crisps.....	14
Day 04 – Breakfast: English breakfast	15
Day 06 – Breakfast: Dutch “Wentelteeftjes”	16
Day 06 – Lunch: Dutch tosti’s.....	16
Day 08 – Breakfast: Pancakes.....	17
Day 09 – Breakfast: buns.....	17
4. Grocery lists.....	18
Day 01.....	18
Day 02.....	19
Day 03.....	20
Day 04.....	21
Day 05.....	22
Day 06.....	23
Day 07.....	24
Day 08.....	25
Day 09.....	25
Day 10.....	27



1. General information

This document will help you create delicious dishes throughout your time at the Jamborette. In the Food Supply manual, you have all the information you need on how to get the ingredients for your meals, and here we will give you all the information you need to make your meals.

The fourth chapter shows what you can expect to receive on each day for your foraging/gathering.

Note: It can be that it doesn't 100% reflect what you will receive. The grocery lists are based on subcamp Green, so pay attention to the below things;

- You will receive Chips for the campfire on the day you have the campfire. So don't forget to bring them along during the campfire activities.
- To-go cookies, as seen in the schedule in the Food Supply Manual, you will receive those twice during the camp. Once the day before the subcamp excursion and once for your hike activities [so, as explained, it can be that you need to store them till your A/B side of the subcamp has the hike's activity.

2. Diner recipes

Day 01 – Baked potatoes, green beans and sausages

Ingredient list

Quantity per 10 persons	Ingredients	Details
1.5kg	Potato slices	
1kg	Green beans	
10pc	Sausages	Alternative per diet/allergy
1.5pc	Cucumber	
10pc	Choco dessert	Alternative per diet/allergy

Recipe:

1) Potatoes

Bake the potato slices in a frying pan with some oil or butter; recommendable to put only a few at a time; season to your liking. Bake till they are golden and a little crisp.

2) Green beans

Put a big pan with water and some salt on the stove. When the water boils, add the beans and let them cook for 5 min. Keep poking them from time to time to check if they're ready. After 5 to 8 minutes, they will be ready. After cooking the beans, you could add some salt, pepper and butter.

3) Sausages: Bake the sausages in a frying pan on medium heat for 5-8 minutes till brown on both sides. (Vega; 4-6 minutes).

4) Cucumber: We recommend slicing them up as a side dish, but it is up to you.



Day 02 – Nasi (fried rice) with chicken

Ingredient list

Quantity per 10 persons	Ingredients	Details
0.9kg	Basmati rice	
1kg	Vegetable mix for nasi	
1kg	Chicken filet	V: 1 additional egg per person
10pc	Eggs	V: 1 additional egg
2.5pc	Nasi herb mix pouch	
100ml	Sweet soy sauce	
400gr	Sate sauce	
100gr	Sambal	Asian hot paste
200gr	Fried onions	
150gr	Krupuk	
150ml	Water (<i>per pouch</i>)	

Recipe:

1) Rice

Put the rice in a big pan, add the same amount of water to the big pan and let it boil. When it's boiling, turn the heat lower. Let it cook for 10 mins, then turn down the heat entirely and let it rest for another 10 mins with the lid still on.

2) Nasi

Put a big saucepan on the stove on medium heat. Add some oil/butter and bake the chicken till golden brown. Stir-fry the vegetables with the chicken for a few minutes. Add the water and the mix and slowly cook for 2-3 minutes.

Tip: Keep chicken and nasi herb/vegetable mixture separate from each other, this way, it is easier to split between chicken and vegetarians.

3) Rice + Nasi

Fry some rice with the nasi mixture for 2 minutes in a big frying pan. With considerable amounts, repeat this process.

4) Eggs: Fry the eggs in a frying pan and add to your meal on your plate.

5) Sate sauce: Put the sate sauce in a pot (big enough to hold it) and let it on low heat. Slowly heat till it boils.

6) Sides: You can flavour it to your liking (on your plate) with sate sauce, soy sauce, sambal, fried onions, and krupuk.



Day 03 – Fusilli pasta with tomato sauce

Ingredient list

Quantity per 10 persons	Ingredients	Details
1kg	Fusilli pasta	Alternative per diet/allergy
1L	Pasta sauce	
1.1kg	Minced meat	Alternative per diet/allergy
1.5kg	Vegetable mix for macaroni / spaghetti	
500gr	Mushrooms	
2pc	Cucumber	
350gr	Grated cheese	Alternative per diet/allergy
10pc	Dessert	Alternative per diet/allergy

Recipe:

1) Fusilli pasta

Boil water in a big pan (1 litre per 100 grams of pasta), and add olive oil and salt to the water. Cook the Fusilli for 7-8 minutes [Pasta GF: 10-12 minutes], and stir regularly. Drain the pasta, put it back in the pan, and add olive oil.

2) Sauce

Heat oil or butter in a frying pan and cook the minced meat. (Chicken/vegetarian in a separate pan).

Heat a big saucepan with some oil/butter. Cut the mushrooms into slices and fry them with the vegetables for 2 to 3 minutes. Add the sauce and heat it on medium heat for 5 minutes.

3) Finishing it up: Mix everything in one pan or serve together on a plate with the grated cheese.

4) Cucumber: Our recommendation is to cut them in slices as a side dish, but it is up to you.

Day 04 – Tortilla wraps

Ingredient list

Quantity per 10 persons	Ingredients	Details
1.1kg	Minced meat	Alternative per diet/allergy
2.5pc	Mix for tortilla's	
1.5pc	Iceberg lettuce	
400gr	Tomatoes	
2pc	Leek	
4pc	Onions	
50gr	Garlic	1 bulb ways approx. 50gr
2.5pc	Bell pepper	
400gr	Corn	
400gr	Black beans	
400gr	Kidney beans	
2pc	Cucumber	
500gr	Grated cheese	Alternative per diet/allergy
400gr	Crème fraiche	Alternative per diet/allergy
500gr	Mexican hot sauce	
25pc	Tortilla's	Alternative per diet/allergy
200gr	Tortilla chips	

Recipe:

1) Burrito mixture

Cut off the leek's end of the green stem and rinse from dirt, next cut the leek in rings or half rings. Cut onions and bell pepper into small pieces. Chop garlic finely. Drain corn and beans.

Put a big frying pan on the stove and add oil or butter. (Vega or Chicken in a separate pan) Fry garlic, onion, and leek for 1-2 minutes before adding meat.

Fry the meat for 3 to 5 minutes before adding the (herb) mix for tortilla's and paprika. Bake for 2 to 3 minutes; add beans and corn and heat them on low heat with the mixture for 4 minutes. *Alternative, heat the beans/corn mix in a separate pan.*

2) Tortilla serving

Cut lettuce into small ribbons and tomato into small pieces. Heat the tortillas in a small frying pan till warm or serve cold.

Crème Fraiche, grated cheese, salsa, lettuce, tomato, and corn can be used as extra toppings for the tortillas.

Day 05 – Chicken curry

Ingredient list

Quantity per 10 persons	Ingredients	Details
1kg	Chicken pieces	Alternative per diet/allergy
2.5pc	Indian madras curry paste	
1kg	Pandan rice	
75gr	Ginger	
150gr	Red onions	
25gr	Garlic	1 bulb ways approx. 50gr
7.5pc	Bell pepper	
1kg	Green beans	
50ml + 100ml	Water per curry paste pot	
2pc	<i>Tip: Apple</i>	

Recipe:

1) Rice

Put the rice in a big pan, add the same amount of water to the big pan and let it boil. When it's boiling, turn the heat lower. Let it cook for 10 mins, then turn down the heat entirely and let it rest for another 10 mins with the lid still on.

2) Green beans

Cut off the edges of the green beans, rinse. Put a big pan with water and some salt on the stove. When the water boils, add the beans and let them cook for 4 min. After 4 minutes, drain the green beans.

3) Chicken curry

Cut the ginger and garlic into fine pieces. Cut the onions and the bell pepper into small pieces. (If wanted, add some cut and peeled apples with the final stage).

Put a big saucepan on the stove on medium heat. Add some oil and fry the onions; add the garlic, ginger and curry paste and simmer for 1-2 minutes. Add water (50ml per curry paste pot) and cook until the water evaporates. Add and stir fry the chicken pieces for a moment and add water (100ml per curry paste pot) plus add green beans (+ apple slices) to the curry and let simmer for maximum of 10-15 minutes (10 minimum so that chicken is cooked well).

(For Vegetarian or other allergies/diets, bake in separate pan and add a part of the vegetables. After frying vegetables, add mix and water and cook for 4 minutes.)

Serve with rice.

Day 06 - “Stamppot” endive & sausages

Ingredient list

Quantity per 10 persons	Ingredients	Details
1.1kg	Minced meat	Alternative per diet/allergy
500gr	Bacon slices	Alternative per diet/allergy
2kg	Potatoes'	
1.5kg	Endive	
2pc	Cucumber	
30gr	Mix for meatballs	
2.5pc	Gravy	
300ml	Water per pouch	
1kg	Green beans	
	Milk or butter	Alternative per diet/allergy
300ml	Water per gravy pouch	
10pc	Dessert	Alternative per diet/allergy

Recipe:

1) Mashed potatoes

Peel the potatoes, cut them into small chunks, and put them in a big pot with sufficient water. (*boiling the water before putting in the potatoes' saves time and gas*) Boil till done, usually, after 15-20 minutes, use a fork to feel if the potatoes are no longer hard. Rinse the potatoes when ready.

Mash the potatoes with a bit of milk or butter to make a soft and smooth mash.

2) Making the “stamppot”

Slowly, while stirring through the mashed potatoes, add the endive. You can add some more milk/water to it if needed and desired. When all endive (or the desired amount) is combined with the mashed potatoes, it is ready to be served.

3) Meatball

Mix the minced meat with the herbs (4 tablespoons with 1kg meat), make proportional meatballs from the meat mixture, and knead till compact balls.

Bake the meatballs in a frying pan on medium heat for 5 to 8 minutes, browning all sides. If desired, add the gravy to the meatballs (keep the Vega and no pork separate from the rest.)

4) Gravy: Mix the gravy powder slowly with the cold water. Stir in a small pan and let it cook slowly, put the stove on the lowest heat and let it simmer for a minute.

5) Diced bacon: Bake the bacon in a frying pan.

6) Serve: Serve with cut cucumber slices.

Day 07 – Couscous with ratatouille & meatballs

Ingredient list

Quantity per 10 persons	Ingredients	Details
800gr	Small meatballs	Alternative per diet/allergy
700gr	Couscous	Alternative per diet/allergy
400gr	Red onions	
50gr	Garlic	1 bulb ways approx. 50gr
1pc	Red chilli pepper	
1.5pc	Bell pepper	
2pc	Zucchini yellow/green	
2pc	Eggplant	
650gr	Mushrooms	
94gr	Mint	
1.5pc	Cucumber	
800gr	Tomatoes peeled	

Recipe:

1) Ratatouille

Roll the chilli pepper between your hands so the seeds will come loose. Chop off the top of the pepper and shake out most of the seeds. Cut the pepper in half and take out the remainder of the seeds (*or not that will make it spicier*).

Chop the garlic and chilli pepper into fine pieces, cut the onions into small cubes and fry it together in ca. 1 min.

Chop the Bell pepper, zucchini, eggplant, and mushrooms into small chunks. Next, add the chilli pepper/garlic/onion mix and gently bake in a large saucepan. Add the peeled tomatoes when the vegetables have softened, and gently let them stew. Add the small cut mint.

2) Meatballs

Fry the meatballs. (For preference, keep the meat, pork and Vega separate.)

Ensure you keep enough ratatouille aside for the people who eat pork or/and vegetarians in your group; then add the meatballs to the ratatouille in the pan.

3) Couscous

Measure the water you need for the couscous; you can read how much water you need on the package.

Start to boil the water. Remove the pan from the heat, add the couscous and let this soak (stirring occasionally). After 5 minutes, add olive oil to moisten the couscous. Keep the couscous warm by using a lid on the pan.

4) Cucumber: Cut the cucumber into slices

Day 08 – Chili con carne, rice and nachos

Ingredient list

Quantity per 10 persons	Ingredients	Details
1.1kg	Minced meat	Alternative per diet/allergy
750gr	Basmati rice	
750gr	Red onions	
3pc	Bell pepper	
500gr	Green beans	
1.5kg	Kidney beans	
2pc	Chilli con carne herb mix	
50ml	Water per herb mix	
375gr	Nacho chips	
400gr	Crème fraiche	Alternative per diet/allergy
10pc	Choco / vanilla dessert	Alternative per diet/allergy

Recipe:

1) Rice

Put the rice in a big pan, add the same amount of water to the big pan and let it boil. When it's boiling, turn the heat lower. Let it cook for 10 mins, then turn down the heat entirely and let it rest for another 10 mins with the lid still on.

2) Chili con carne

Cut the onions and bell peppers into small pieces, and drain the beans. Cut off the edges of the green beans, rinse the green beans, and cut them in half. Put a big pan with water and some salt on the stove. When the water boils, add the beans and let them cook for 4 min. After 4 minutes, drain the green beans.

Heat a big saucepan with some butter. Fry the minced meat till it's brown. (Pork/vegetarian meat in a separate pan). Add onions and paprika to the meat(s) and fry together for 2 minutes. Next add the cooked green beans, water and Chili con carne herb mix. Let it cook for 2 minutes whilst stirring regularly. Add the drained kidney beans and heat them with the chilli con carne on low heat for 2 to 3 minutes.

3) Serve: Serve the chilli con carne with rice, crème fraiche, and the nacho chips.

Day 09 – Spaghetti pasta, pesto, chicken

Ingredient list

Quantity per 10 persons	Ingredients	Details
1.25kg	Chicken pieces	Alternative per diet/allergy
1kg	Spaghetti	Alternative per diet/allergy
200gr	Pesto	
210gr	Mozzarella	Alternative per diet/allergy
2.5pc	Onions	
40gr	Garlic	1 bulb ways approx. 50gr
2pc	Bell pepper	
1.4pc	Zucchini yellow/green	
250gr	Rocket lettuce	
500gr	Cherry tomatoes	
0.6pc	Watermelon	

Recipe:

1) Spaghetti

Boil water in a big pan (1 litre per 100 grams of pasta), and add olive oil and salt to the water. When the water boils, add the spaghetti, cook for 11 to 13 minutes, and stir regularly. Drain the pasta and wash it with a little bit of cold water. Sprinkle pasta with some olive oil.

2) Chicken

Put a pan on the stove on medium heat. Add some oil and bake the chicken till they are golden brown.

3) Vegetables

Cut zucchini, onions, and bell pepper into small pieces. Chop the garlic finely.

Put a big saucepan on the stove on medium heat. Add some oil and bake the zucchini for 2 minutes; add onions, garlic, and bell pepper and stir fry for 2 to 3 minutes.

4) Spaghetti pasta pesto

Add the vegetable mixture and pesto to the spaghetti. [for nut and lactose allergy, keep the pesto separate from the vegetables and use some extra mozzarella] Cut the cherry tomato in half.

The rocket lettuce, cherry, chicken or mozzarella can be added to the pasta on your plate.

5) Watermelon

Cut the watermelon into 16 pieces by cutting it in eight equal parts and half each piece again, or approach it as you please.

Day 10 - Broccoli, cooked potatoes, gravy & hamburger

Ingredient list

Quantity per 10 persons	Ingredients	Details
10pc	Hamburger	Alternative per diet/allergy
1.25kg	Potatoes	
2kg	Broccoli	
250gr	Grated cheese	Alternative per diet/allergy
2pc	Cheese sauce	
250ml	Water per pouch	
2.5pc	Gravy	
300ml	Water per pouch	
10pc	Dessert	Alternative per diet/allergy

Recipe:

1) Potatoes

Peel the potatoes, cut them into small chunks, and put them in a big pot with sufficient water. (*boiling the water before putting in the potatoes' saves time and gas*) Boil till done; usually, after 15-20 minutes, use a fork to feel if the potatoes are no longer hard. Rinse the potatoes when ready.

2) Broccoli

At the same time, put another big pan with water and salt on the stove. Cut off the edge of the stem of the broccoli, cut the broccoli florets into small pieces. When the water boils, add the florets. After 10 minutes, they will be ready.

3) Burgers: Bake the burgers in a frying pan on medium heat for 5-8 minutes brown on both sides.

Halal burgers: Use the instructions on the box.

4) Gravy

Mix the gravy powder slowly with cold water (300ml per pouch). Stir in a small pan and let it cook slowly, put the stove on the lowest heat and let it simmer for a minute.

5) Cheese sauce

Mix the cheese sauce slowly with cold water (250ml per pouch). Stir in a small pan and let it cook slowly, put the stove on the lowest heat and let it simmer for a minute.

6) Serve: Serve it all on a plate, the cheese sauce goes over the cooked broccoli [you can add some grated cheese to your cheese sauce or on your plate]. You can serve the hamburgers with one of the sauces included in your basics kit

Day 11 – Pita chicken gyros

Ingredient list

Quantity per 10 persons	Ingredients	Details
1kg	Chicken slices with gyros herbs	Alternative per diet/allergy
5pc	Onions	
50gr	Garlic	1 bulb ways approx. 50gr
5pc	Bell pepper	
1pc	Iceberg lettuce	
300gr	Tomatoes	
2pc	Cucumber	
550ml	Garlic sauce	
2.5pc	Turkish bread	Alternative per diet/allergy

Recipe:

- 1) Cut the garlic and the onions into fine pieces and stir fry them in oil until tender, add the chicken and cook until golden brown.
- 2) Cut the vegetables into small pieces. You can serve them in different bowls or as a mixed salad.
- 3) Slice the bread into desired pieces, and cut open to fill to your liking.

Tip: you can also make your own Greek yoghurt with garlic, cucumber and yoghurt.

- 4) Serve with garlic sauce.

Gluten-free tortilla's: Heat up in a frying pan for a minute on both sides before serving.



3. Breakfast / Lunch recipes

Day 02 & 10 – Breakfast: Eggs + Bacon

Ingredient list

Quantity per 10 persons	Ingredients	Details
10pc	Eggs	
10slices	Bacon	Alternative per diet/allergy

Recipe:

1) Eggs with bacon: You can bake the egg on top of the bacon. But you can do whatever you want with it, of course.

2) Do you want to go for an “Uitsmijter”? Execute as above, but prep two slices of bread with butter. Next, add a slice of cheese on one side and ham on the other. Serve with the eggs and bacon on top.

Day 03 – Breakfast: Cereals mix

Ingredient list

Quantity per 10 persons	Ingredients	Details
800gr	Cornflakes variety	
600gr	Cornflakes GF variety	
	Milk	Alternative per diet/allergy

Recipe:

1) Diet alternatives: All possible alternatives can be made using lactose-free milk.

Day 03 & 09 – Lunch: BLT sandwiches with crisps

Ingredient list

Quantity per 10 persons	Ingredients	Details
10slices	Bacon	Alternative per diet/allergy (NP: 50gr p.p)
1pc	Lettuce	
200gr	Tomato	
20slices	Bread	Alternative per diet/allergy
10pc	Crisps	

Recipe:

1) Slice the tomato and cucumber into thin slices. Pull the leaves from the iceberg lettuce and wash them, cut them into thin pieces.

2) Bake the bacon in a frying pan.

3) Place the slices of bread on a plate and build the sandwich up to your liking (Sandwich with mayonnaise, tomato, lettuce, bacon).

4) Enjoy with a bag of crisp and some cucumber on the side.



Day 04 – Breakfast: English breakfast

Ingredient list

Quantity per 10 persons	Ingredients	Details
15pc	Eggs	
150ml	Milk	Alternative per diet/allergy
10slices	Bacon	Alternative per diet/allergy (NP: 50gr p.p)
300gr	White beans in tomato sauce	

Recipe:

- 1) Scrambled eggs: Beat eggs, milk, salt and pepper in a sizeable bowl until blended.
- 2) Bacon: Bake the bacon in a frying pan till crisp.
- 3) Beans: Heat the beans in a pot and put on medium heat. Stir till heated.
- 4) Toast: Toast some sandwiches in a hot frying pan till crispy.

Extra:

- 5) To make it complete, *unfortunately, without the sausages and black pudding*,
If you have tomatoes and mushrooms left from the days before:

Cut tomatoes in half or quarters, simmer with salt and pepper in a frying pan till soft.
Cut mushrooms in half or quarters, and fry in a frying pan with some salt and pepper.

Lactose-free: Use Lactose-free milk.

Day 06 – Breakfast: Dutch “Wentelteefjes”

Ingredient list

Quantity per 10 persons	Ingredients	Details
7.5pc	Eggs	
1liter	Milk	Alternative per diet/allergy
1/3pc	Cinnamon (29gr)	
250gr	Sugar	
25slices	(old) bread	Alternative per diet/allergy

Recipe:

1) Eggs batter: Beat eggs with a teaspoon of cinnamon and a tablespoon of sugar (per 3 eggs). Add the milk and whisk till mixed.

Lactose-free: Use Lactose-free milk.

Gluten-free: Use Gluten-free bread.

2) Cinnamon sugar: Add 250gr sugar with 1/3 of the cinnamon pot (per 10 persons) and mix till mixed fully.

3) Making the wentelteefjes: Put the egg/milk batter in a tray and let 2 slices of bread soak briefly on both sides. Put a frying pan on medium heat, add butter or oil. Fry the soaked bread for 2 minutes on both sides.

4) Serve: Serve with the cinnamon sugar.

Day 06 – Lunch: Dutch tosti’s

Ingredient list

Quantity per 10 persons	Ingredients	Details
	Cheese	Alternative per diet/allergy
	Ham	Alternative per diet/allergy
	Jam	
	Butter	
20slices	(old) bread	Alternative per diet/allergy

Recipe:

1) Prepping tosti’s

- Cheese: Put cheese between two slices of bread, and put a bit of butter on the outside.
- Cheese/Ham: Put cheese and ham between two slices of bread, and put a little butter on the outside.
- Jam: Put jam between two slices of bread, and put a bit of butter on the outside.

2) Making the tosti’s

Put a frying pan on medium heat; when heated, bake the prepped tosti’s and bake for a few minutes till golden. Flip regularly to prevent burning.

3) Serve: Serve the cheese or cheese/ham sandwiches with some mayonnaise and/or ketchup.



Day 08 – Breakfast: Pancakes

Ingredient list

Quantity per pancake mix	Ingredients	Details
4pc	Eggs	5pc for the GF pancake mix
800ML	Milk	Alternative per diet/allergy
1pc	Pancake mix	Alternative per diet/allergy
1/4pc	Powdered sugar	

Recipe:

1) Pancake mix

Put the pancake mix in a bowl, add ½ of the milk and mix till the batter is without clumps. Add the eggs one by one to the batter, followed by the other ½ of the milk [add slowly to prevent clumps].

2) baking the pancakes

Put a frying pan on medium heat, add butter or oil. When heated, add enough batter to fill the pan and let it flow around the pan (*Don't use too much batter, it needs to be a bit thicker than a French crêpe*). When the top of the pancake dries up, carefully flip the pancake with a spatula. Bake till golden brown on both sides.

3) Serve

Serve with powdered sugar, chocolate spread or anything else you want.

Day 09 – Breakfast: buns

Ingredient list

Quantity per pancake mix	Ingredients	Details
5pc	Brown buns	Alternative per diet/allergy
5pc	White buns	Alternative per diet/allergy
10pc	Raisin currant buns	Alternative per diet/allergy

4. Grocery lists

As mentioned in the Food Supply manual, the letter codes meet the diet/allergy requirements. Below is a little refresher;

G = contains or can contain Gluten
L = contains or can contain Lactose
N = contains or can contain Nuts

P = contains or can contain Pork
B = contains or can contain Beef
V = this product is Vegetarian

Day 01

Afternoon box:		B	P	V	G	L	N	
Jumbo Varken Saucijs 2 Stuks 240g	Sausages pork 2pc	X						2pc
Jumbo Varken Saucijs 5 Stuks 400g	Sausages pork 5pc	X						5pc
Jumbo Varken Saucijs 10 Stuks 800g	Sausages pork 10pc	X						10pc
Jumbo Chipolataworst Rund 5 Stuks 250g	Sausages Beef 5pc	X						5pc
Wahid Kebabspies 4 Stuks	Kebab halal (4)	X						4pc
De Vegetarische Slager Bratwurst Vegetarisch 160g	Sausages Vega 2pc				X	X	X	2pc
Beyond Sausage Plantaardige Worst 2 x 100g	Sausages Vega 2pc				X			2pc
Wahid kalfsbacon 80g	Bacon slices halal [for breakfast]	X						10pc
Ontbijtspek Gerookt 150g	Breakfast bacon [for breakfast]	X						10pc
De Vegetarische Slager Vegan Specktakel 100g	Vegetarian bacon [for breakfast]				X	X		5pc
Jumbo Aardappelschijfjes Voorgekookt Kleinverpakking	Potato slices 200Gr							200Gr
Jumbo Aardappelschijfjes 450g	Potato slices 450Gr							450Gr
Jumbo Aardappelschijfjes 600g	Potato slices 600Gr							600Gr
Jumbo Aardappelschijfjes Duopak 2 x 350g	Potato slices 700Gr							700Gr
Jumbo Sperziebonen 500g	Green beans							500Gr
Jumbo Komkommer	Cucumber							1pc
Neuburger Coupe Danube Chocoladesmaak 200g	Choco dessert						X	1pc
Alpro Dessert Dark Chocolate Smaak Houdbaar 4x125	Choco dessert (LF)							4pc
Egg-Republic Scharreieren 6 Stuks	Eggs (6) [for breakfast]							6pc
Scharreieren Wit 12 Stuks	Eggs (12) [for breakfast]							12pc
Scharreieren 30 Stuks	Eggs (30) [for breakfast]							30st
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC

Day 02

Afternoon box:		B	P	V	G	L	N	
Jumbo Scharrelkip Filet ca. 200g	Chicken breast (pieces) 200 gr							200gr
Jumbo Scharrelkip Filets ca. 380g	Chicken breast (pieces) 380 gr							400gr
Jumbo Scharrelkip Filet 800g	Chicken breast (pieces) 800 gr							800gr
Wahid Kipfilet 400g	Chicken filet halal							400g
Jumbo Gerookt Mager Kalkoen Spek 150g	Bacon (NP)	X						150gr
Wahid kalfsbacon 80g	Bacon slices halal [for Lunch]	X						10pc
Ontbijtspek Gerookt 150g	Breakfast bacon [for Lunch]		X					10pc
De Vegetarische Slager Vegan Specktakel 100g	Vegetarian bacon [for Lunch]			X	X			5pc
Jumbo Nasi Pakket 450g	Vegetables mix for Nasi							450gr
Jumbo IJsbergsla	Iceberg lettuce [for Lunch]							1pc
Tomaten 500g	Tomato's [for Lunch]							500gr
Tomaten 750g	Tomato's [for Lunch]							750gr
Jumbo Basmati Rijst Langkorrelig Voordeelverpakking 1kg	Rice Basmati 1000Gr							1000G
Jumbo Basmati Rijst 4,5kg	Rice Basmati 4500Gr							4500G
Verstegen Mix voor Nasi & Bami Goreng 30g	Herb mix for Nasi Goreng							30gr
Jumbo Ketjap Manis 250ml	Sweet Soy Sauce							250ml
Jumbo Kroepoek Naturel 66g	Krupuk							66gr
Jumbo Bakje Gebakken Uitjes 100g	Fried onions 150 gr				X			150gr
Remia Satésaus kant en klaar 325g	Saté sauce 325 gr						X	325gr
Remia Satésaus kant en klaar 850gr	Saté sauce 850 gr						X	850gr
Jumbo Sambal Manis 200g	Sambal					±	±	200gr
Jumbo Rainbow Fruitsmaak Chips 350g	Cornflakes - Rainbow fruits				X	±	±	350gr
Jumbo Moons & Planets 350g	Cornflakes - Moons & Planets				X	±	±	350gr
Jumbo Poffertjes Smaak Crunchies 350g	Cornflakes - Crunchies				X	±	±	350gr
Jumbo Choco Chips 350g	Cornflakes - Choco chips				X	±	±	350gr
Peak's Free From Cornflakes 200g	Cornflakes (GF)							200gr
Kellogg's Rice Krispies ontbijtgranen 375g	Cornflakes - Rice Krispies (GF)							375gr
Egg-Republic Scharreleieren 6 Stuks	Eggs (6)							6pc
Scharreleieren Wit 12 Stuks	Eggs (12)							12pc
Scharreleieren 30 Stuks	Eggs (30)							30st
Jumbo Chips Uitdeelzakjes Paprika & Naturel 15 Stuks (r)	Chips mix [for Lunch]						±	15pc
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC

Day 03

	Afternoon box:	B	P	V	G	L	N	
Jumbo Rundergehakt 175g	Minced meat beef 175Gr	X						175Gr
Jumbo Rundergehakt 300g	Minced meat beef 300Gr	X						300Gr
Jumbo Rundergehakt 500g	Minced meat beef 500Gr	X						500Gr
Jumbo Rundergehakt 1KG	Minced meat beef 1000Gr	X						1000Gr
Jumbo Gemengd gehakt 300g	Minced meat mix 300Gr	X	X					300Gr
Jumbo Rund & Varken Gemengd Gehakt 500g	Minced meat mix 500Gr	X	X					500Gr
Jumbo Gemengd Gehakt 1KG	Minced meat mix 1000Gr	X	X					1000Gr
Jumbo Scharrelkip Gehakt 300g	Minced chicken 300Gr							300Gr
Jumbo Scharrelkip Kipgehakt 500g	Minced chicken 500Gr							500Gr
Wahid Rundergehakt 500g	Minced meat beef halal	X						500g
Jumbo Lekker Veggies Kruidgehakt Vegan 200g	Minced Vegetarian 200Gr			X	X			200Gr
Jumbo Lekker Veggies Kruidgehakt Voordeelverpakking	Minced Vegetarian 375Gr			X	X			375Gr
Beyond Mince Plantaardig Gehakt 300g	Minced Vegetarian 300Gr			X				300Gr
Jumbo Gerookt Mager Kalkoen Spek 150g	Bacon (NP)	X						150gr
Jumbo Bakbacon 150g	Breakfast bake bacon [for breakfast]		X					8pc
De Vegetarische Slager Vegan Spektakel 100g	Vegetarian bacon [for breakfast]			X	X			5pc
Jumbo Macaroni & Spaghetti Pakket 450g	Mix for Spaghetti							450gr
Jumbo Champignons 250g	Mushrooms							250gr
Jumbo Champignons Voordeelverpakking 400g	Mushrooms							400gr
Jumbo Komkommer	Cucumber							1pc
Goudse Kaas Geraspt 30+ Mild 250g	Grated cheese					X		250gr
Wahid Geraspte Goudse Jonge Kaas 48+ 150g	Grated cheese halal					X		150g
Jumbo Plantaardige Rasp 200g	Grated cheese (LF)				X			200gr
Violife Gouda Flavour Grated 200g	Grated cheese (LF+GF)							200gr
Jumbo Kwark Toetje 6 x 100g	Dessert - strawberry / apricot / banana					X		6pc
Alpro Plantaardige Variatie op Yoghurt Aardbei 500g	Dessert - Yoghurt strawberry (LF)							500gr
Jumbo La Dolce Vita Fusilli 500g	Fusilli pasta				X			500gr
Sam Mills Pasta d'Oro Penne Rigate Glutenvrij 500g	Penne pasta (GF)							500gr
Jumbo Meergranenbiscuits Krenten-Rozijnen 6 x 2 Stuks	To-go cookies currants & raisins				X	X	±	6pc
Jumbo Meergranenbiscuits Appel 6 x 2 Stuks	To-go cookies apple				X	X	±	6pc
Damhert Glutenvrije Chocolate Haverkoek 165g	Choco oat cookies (GF+LF+NF) To-go							5pc
Jumbo Traditional Pastasaus 340g	Pasta sauce							340gr
La Dolce Vita Traditional Pastasaus 620g	Pasta sauce							620gr
Jumbo Witte Bonen in Tomatensaus 180g	White beans in tomato sauce [for breakfast]							180gr
Jumbo Witte Bonen in Tomatensaus 340g	White beans in tomato sauce [for breakfast]							340gr
Jumbo Witte Bonen in Tomatensaus 680g	White beans in tomato sauce [for breakfast]							680gr
Egg-Republic Scharreieren 6 Stuks	Eggs (6) [for breakfast]							6pc
Scharreieren Wit 12 Stuks	Eggs (12) [for breakfast]							12pc
Scharreieren 30 Stuks	Eggs (30) [for breakfast]							30st
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC

Day 04

	Afternoon box:	B	P	V	G	L	N	
Jumbo Lekker Veggies Kruimgehakt Vegan 200g	Minced Vegetarian 200Gr			X	X			200Gr
Jumbo Lekker Veggies Kruimgehakt Voordeelver	Minced Vegetarian 375Gr			X	X			375Gr
Beyond Mince Plantaardig Gehakt 300g	Minced Vegetarian 300Gr			X				300Gr
Jumbo Rundergehakt 175g	Minced meat beef 175Gr	X						175Gr
Jumbo Rundergehakt 300g	Minced meat beef 300Gr	X						300Gr
Jumbo Rundergehakt 500g	Minced meat beef 500Gr	X						500Gr
Jumbo Rundergehakt 1KG	Minced meat beef 1000Gr	X						1000Gr
Jumbo Gemengd gehakt 300g	Minced meat mix 300Gr	X	X					300Gr
Jumbo Rund & Varken Gemengd Gehakt 500g	Minced meat mix 500Gr	X	X					500Gr
Jumbo Gemengd Gehakt 1KG	Minced meat mix 1000Gr	X	X					1000Gr
Jumbo Scharrelkip Filet ca. 200g	Chicken breast (pieces) 200 gr							200gr
Jumbo Scharrelkip Filets ca. 380g	Chicken breast (pieces) 380 gr							400gr
Jumbo Scharrelkip Filet 800g	Chicken breast (pieces) 800 gr							800gr
Wahid Rundergehakt 500g	Minced meat beef halal	X						500g
Goudse Kaas Geraspt 30+ Mild 250g	Grated cheese					X		250gr
Wahid Geraspte Goudse Jonge Kaas 48+ 150g	Grated cheese halal					X		150g
Jumbo Plantaardige Rasp 200g	Grated cheese (LF)				X			200gr
Violife Gouda Flavour Grated 200g	Grated cheese (LF+GF)							200gr
Crème Fraîche 200g	Crème fraîche					X		200Gr
Arla Lactofree Crème Fraîche 200g	Crème fraîche (LF)						±	200gr
Jumbo Komkommer	Cucumber							1pc
Jumbo IJsbergsla	Iceberg lettuce							1pc
Tomaten 500g	Tomato's							500gr
Tomaten 750g	Tomato's							750gr
Jumbo Prei ca. 215g	Leek							1pc
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo Uien 1kg	Onions							14pc
Le Soleil Zoete Maïskorrels 300g	Corn							300gr
Jumbo Zwarte Bonen 200g	Black beans							200gr
Jumbo Zwarte Bonen 465g	Black beans							465gr
Jumbo Kidneybonen 200g	Kidney beans 200Gr							200Gr
Jumbo Kidneybonen 420g	Kidney beans 420Gr							420Gr
Jumbo Burrito Mix 28g	Mix for tortilla's							1pc
Jumbo Mexicaanse Saus Salsa Mild	Mexican hot sauce mild							230gr
Jumbo Tortilla Naturel XL 4 Stuks 250g	Tortilla				X			4pc
Jumbo XL Tortilla Naturel 6 Stuks 370g	Tortilla				X			6pc
Jumbo Tortilla Naturel XL Voordeelverpakking 1	Tortilla				X			12pc
Jumbo Glutenvrije Meergranen Tortilla 160g	Tortilla (GF)							2pc
Echte Bakkers Speculaas 450g	Speculaas			X	X		±	36pc
Jumbo Lekker Vrij van Gluten Speculaas 125g	Speculaas (GF)				X		±	11pc
Céréal Glutenfree & Lactosefree Mini Cakes me	Mini cakes (GF+LF)						±	6pc
Jumbo Nacho Chips 200g	Tortilla chips							200Gr
Mix glutenvrij brood duo (niet te bestellen via Ju	White/Brown bread (GF) - 2pc						± ±	2PC



Day 05

Afternoon box:		B	P	V	G	L	N	
Jumbo Scharrelkip Filetblokjes 200g	Chicken pieces							200gr
Jumbo Scharrelkip Filetblokjes ca. 350g	Chicken pieces							350gr
Jumbo Scharrelkip Filetblokjes 600g	Chicken pieces							600gr
Wahid Kipfilet 400g	Chicken filet halal							400g
Jumbo Vegan Kipfilet Reepjes Naturel 160g	Vegetarian chicken pieces		X					160gr
Jumbo Biologische Verse Gember 150g	Ginger							150gr
Jumbo Rode Uien 500g	Red Onions 500gr							500gr
Jumbo Rode Uien 1kg	Red Onions 1000Gr							1000G
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo Sperziebonen 500g	Green beans							500Gr
Egg-Republic Scharreleieren 6 Stuks	Eggs (6) [for breakfast]							6pc
Scharreleieren Wit 12 Stuks	Eggs (12) [for breakfast]							12pc
Scharreleieren 30 Stuks	Eggs (30) [for breakfast]							30st
Jumbo Geurige Pandanrijst 400g	Pandanrice							400gr
Jumbo Pandanrijst Voordeelvepakking 1kg	Pandanrice							1000gr
Jumbo PandanRijst 4,5kg	Pandanrice							4500gr
Patak's Original Madras Indiase Kruidenpasta 165g	Indian Madras curry paste						±	1pc
Jumbo Kaneel 29g	Cinnamon [for breakfast]							1pc
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2p						± ±	2PC

Day 06

	Afternoon box:	B	P	V	G	L	N	
Jumbo Rundergehakt 175g	Minced meat beef 175Gr	X						175Gr
Jumbo Rundergehakt 300g	Minced meat beef 300Gr	X						300Gr
Jumbo Rundergehakt 500g	Minced meat beef 500Gr	X						500Gr
Jumbo Rundergehakt 1KG	Minced meat beef 1000Gr	X						1000Gr
Jumbo Gemengd gehakt 300g	Minced meat mix 300Gr	X	X					300Gr
Jumbo Rund & Varken Gemengd Gehakt 500g	Minced meat mix 500Gr	X	X					500Gr
Jumbo Gemengd Gehakt 1KG	Minced meat mix 1000Gr	X	X					1000Gr
Jumbo Varken Saucijs 2 Stuks 240g	Sausages pork 2pc		X					2pc
Jumbo Varken Saucijs 5 Stuks 400g	Sausages pork 5pc		X					5pc
Jumbo Varken Saucijs 10 Stuks 800g	Sausages pork 10pc		X					10pc
Wahid Kip Krokant Schnitzel 2 x 100g	Chicken schnitzel halal (2)					±		2pc
Jumbo Lekker Veggies 100% Plantaardige Gehaktballetjes 240g	Vegetarian little meatballs			X	X			240gr
Beyond Meat Plantaardige Gehaktballetjes 8 x 25g	Vegetarian little meatballs (GF)			X				8pc
Spekreepjes Gerookt 300g	Bacon slices		X					300gr
Jumbo Gerookt Mager Kalkoen Spek 150g	Bacon (NP)	X						150gr
Wahid Kalfsbacon Blokjes 150g	Bacon halal	X						150g
Jumbo Kwark Toetje 6 x 100g	Dessert - strawberry / apricot / bana						X	6pc
Alpro Plantaardige Variatie op Yoghurt Perzik 500g	Dessert - Yoghurt peach (LF)							500gr
Jumbo Kruimige Aardappelen 500g	Potatoes							500gr
Jumbo Aardappelen Kruimig 1kg	Potatoes							1000gr
Jumbo Aardappelen Kruimig Extra Groot 3kg	Potatoes							3000gr
Jumbo Aardappelen Kruimig Extra Groot 5kg	Potatoes							5000gr
Jumbo Andijvie 400g	Endive							400gr
Jumbo Komkommer	Cucumber							1pc
Jumbo Kruidenmix voor Gehakt met Uitjes 80g	Mix for meatballs with onions			X				80gr
Jumbo Jodekoeken Naturel 380g	Cookies - Jodekoeken			X	±	±		20pc
Benlian Food Gluten Free Rocky Rice Choco Milk Bar 5 x 18g	Choco bars (GF+NF)					±		5pc
Jumbo Jus Naturel 29g	Gravy naturel			X				1pc
Jumbo Jus Naturel 3 x 29g	Gravy naturel			X				3pc
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc					±	±	2PC

Day 07

	Afternoon box:	B	P	V	G	L	N	
Jumbo Scharrelkip Filetblokjes 200g	Chicken pieces							200gr
Jumbo Scharrelkip Filetblokjes ca. 350g	Chicken pieces							350gr
Jumbo Scharrelkip Filetblokjes 600g	Chicken pieces							600gr
Jumbo Gehaktballetjes 8 Stuks 320g	Small meatballs	X	X					8gr
Wahid Kipfilet 400g	Chicken filet halal							400g
Jumbo Lekker Veggie 100% Plantaardige Gehaktballetjes 240g	Vegetarian little meatballs			X	X			240gr
Beyond Meat Plantaardige Gehaktballetjes 8 x 25g	Vegetarian little meatballs (GF)			X				8pc
Jumbo Rode Uien 500g	Red Onions 500gr							500gr
Jumbo Rode Uien 1kg	Red Onions 1000Gr							1000Gr
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
JUMBO Mild Rode Pepers 2 Stuks	Chili pepper							2pc
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo Courgette	Zucchini							1pc
Jumbo Courgette geel	Zucchini yellow							1pc
Jumbo Aubergine	Eggplant							1pc
Jumbo Champignons 250g	Mushrooms							250gr
Jumbo Champignons Voordeelverpakking 400g	Mushrooms							400gr
Jumbo Munt 40g	Mint							40gr
Jumbo Munt Voordeelverpakking 85g	Mint							85gr
Jumbo Komkommer	Cucumber							1pc
Egg-Republic Scharreleieren 6 Stuks	Eggs (6) [for breakfast]							6pc
Scharreleieren Wit 12 Stuks	Eggs (12) [for breakfast]							12pc
Scharreleieren 30 Stuks	Eggs (30) [for breakfast]							30st
Jumbo Durum Couscous 275g	Couscous				X			275gr
Jumbo Erwten Couscous Biologisch 275g	Green peas couscous (GF)							275gr
Jumbo Pannenkoekenmix Naturel 400g	Pancakes mix [for breakfast]				X		±	1pc
Jumbo Lekker Vrij van Gluten Pannenkoekenmix 400g	Pancakes mix (GF) [for breakfast]							1pc
Van Gilse Poedersuiker 250g	Powdered sugar [for breakfast]							250gr
Jumbo Tomaten Gepeld 240g	Tomato's peeled							240gr
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC

Day 08

	Afternoon box:	B	P	V	G	L	N	
Jumbo Lekker Veggie Kruimgehakt Vegan 200g	Minced Vegetarian 200Gr			X	X			200Gr
Jumbo Lekker Veggie Kruimgehakt Voordeelver	Minced Vegetarian 375Gr			X	X			375Gr
Beyond Mince Plantaardig Gehakt 300g	Minced Vegetarian 300Gr			X				300Gr
Jumbo Rundergehakt 175g	Minced meat beef 175Gr	X						175Gr
Jumbo Rundergehakt 300g	Minced meat beef 300Gr	X						300Gr
Jumbo Rundergehakt 500g	Minced meat beef 500Gr	X						500Gr
Jumbo Rundergehakt 1KG	Minced meat beef 1000Gr	X						1000Gr
Jumbo Gemengd gehakt 300g	Minced meat mix 300Gr	X	X					300Gr
Jumbo Rund & Varken Gemengd Gehakt 500g	Minced meat mix 500Gr	X	X					500Gr
Jumbo Gemengd Gehakt 1KG	Minced meat mix 1000Gr	X	X					1000Gr
Jumbo Scharrelkip Filet ca. 200g	Chicken breast (pieces) 200 gr							200gr
Jumbo Scharrelkip Filets ca. 380g	Chicken breast (pieces) 380 gr							400gr
Jumbo Scharrelkip Filet 800g	Chicken breast (pieces) 800 gr							800gr
Wahid Rundergehakt 500g	Minced meat beef halal	X						500g
Goudse Kaas Geraspt 30+ Mild 250g	Grated cheese					X		250gr
Wahid Geraspte Goudse Jonge Kaas 48+ 150g	Grated cheese halal					X		150g
Jumbo Plantaardige Rasp 200g	Grated cheese (LF)				X			200gr
Violife Gouda Flavour Grated 200g	Grated cheese (LF+GF)							200gr
Crème Fraîche 200g	Crème fraîche					X		200Gr
Arla Lactofree Crème Fraîche 200g	Crème fraîche (LF)					±		200gr
Jumbo Komkommer	Cucumber							1pc
Jumbo IJsbergsla	Iceberg lettuce							1pc
Tomaten 500g	Tomato's							500gr
Tomaten 750g	Tomato's							750gr
Jumbo Prei ca. 215g	Leek							1pc
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo Uien 1kg	Onions							14pc
Le Soleil Zoete Maïskorrels 300g	Corn							300gr
Jumbo Zwarte Bonen 200g	Black beans							200gr
Jumbo Zwarte Bonen 465g	Black beans							465gr
Jumbo Kidneybonen 200g	Kidney beans 200Gr							200Gr
Jumbo Kidneybonen 420g	Kidney beans 420Gr							420Gr
Jumbo Burrito Mix 28g	Mix for tortilla's							1pc
Jumbo Mexicaanse Saus Salsa Mild	Mexican hot sauce mild							230gr
Jumbo Tortilla Naturel XL 4 Stuks 250g	Tortilla				X			4pc
Jumbo XL Tortilla Naturel 6 Stuks 370g	Tortilla				X			6pc
Jumbo Tortilla Naturel XL Voordeelverpakking 1	Tortilla				X			12pc
Jumbo Glutenvrije Meergranen Tortilla 160g	Tortilla (GF)							2pc
Echte Bakkers Speculaas 450g	Speculaas				X	X	±	36pc
Jumbo Lekker Vrij van Gluten Speculaas 125g	Speculaas (GF)					X	±	11pc
Céréal Glutenfree & Lactosefree Mini Cakes me	Mini cakes (GF+LF)						±	6pc
Jumbo Nacho Chips 200g	Tortilla chips							200Gr
Mix glutenvrij brood duo (niet te bestellen via Ju	White/Brown bread (GF) - 2pc						±	2PC

Day 09

	Afternoon box:	B	P	V	G	L	N	
Jumbo Scharrelkip Filet ca. 200g	Chicken breast (pieces) 200 gr							200gr
Jumbo Scharrelkip Filets ca. 380g	Chicken breast (pieces) 380 gr							400gr
Jumbo Scharrelkip Filet 800g	Chicken breast (pieces) 800 gr							800gr
Wahid Kipfilet 400g	Chicken filet halal							400g
Jumbo Vegan Kipfilet Reepjes Naturel 160g	Vegetarian chicken pieces			X				160gr
Jumbo Gerookt Mager Kalkoen Spek 150g	Bacon (NP) [for lunch]	X						150gr
Ontbijtspek Gerookt 150g	Breakfast bacon [for breakfast]		X					10pc
Wahid kalfsbacon 80g	Bacon slices halal [for breakfast]	X						10pc
De Vegetarische Slager Vegan Spektakel 100g	Vegetarian bacon [for breakfast]			X	X			5pc
Wahid Geraspte Goudse Jonge Kaas 48+ 150g	Grated cheese halal					X		150g
Jumbo Mozzarella Mini's 210g	Mozzarella extra for Pesto No N					X		210gr
Violife Vegan Alternatief voor Geraspte Mozzarella 200g	Mozzarella (LF)							200gr
Egg-Republic Scharreleieren 6 Stuks	Eggs (6) [for breakfast]							6pc
Scharreleieren Wit 12 Stuks	Eggs (12) [for breakfast]							12pc
Scharreleieren 30 Stuks	Eggs (30) [for breakfast]							30st
Jumbo Uien 1kg	Onions							14pc
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo Courgette geel	Zucchini yellow							1pc
Jumbo Rucola Gewassen 85g	Rocket lettuce							85gr
Jumbo Rucola Gewassen 150 g - Voordeelverpakking	Rocket lettuce							150gr
Jumbo Cherry Tomaten 250g	Cherry tomato							250gr
Jumbo Courgette	Zucchini							1pc
Jumbo Watermeloen Pitloos 1 Stuk	Watermelon							1pc
Jumbo pesto groen 190g	Pesto					±	X X	190gr
Jumbo Spaghetti 500g	Spaghetti				X			500gr
Rummo Spaghetti Glutenvrij ?3 400g	Spaghetti (GF)							400gr
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc					±	±	2PC

Day 10

	Afternoon box:	B	P	V	G	L	N	
Jumbo Classic Burger 220g	Burger Beef (2)	X						2pc
Jumbo Classic Burger 440g	Burger Beef (4)	X						4pc
Jumbo Classic Burger 840g	Burger Beef (8)	X						8pc
Jumbo Scharrelkip 250g	Chicken burger (2)							2pc
Mekkafood Classic Burger 12 x 65g	Burger halal (12)					±		12pc
De Vegetarische Slager Pluimfeestburger Veganistisch 18	Vegetarian burger			X	X			180gr
Beyond Meat Plant-Based Burger 2 x 113g	Vegetarian burger (GF)			X				2pc
Wahid Geraspte Goudse Jonge Kaas 48+ 150g	Grated cheese halal					X		150g
Goudse Kaas Geraspt 30+ Mild 250g	Grated cheese					X		250gr
Jumbo Plantaardige Rasp 200g	Grated cheese (LF)				X			200gr
Violife Gouda Flavour Grated 200g	Grated cheese (LF+GF)							200gr
Jumbo Kwark Toetje 6 x 100g	Dessert - strawberry / apricot / ba					X		6pc
Alpro Dessert Chocolade Houdbaar 525g	Dessert Chocolat (LF)							525gr
Jumbo Kruidige Aardappelen 500g	Potatoes							500gr
Jumbo Aardappelen Kruidig 1kg	Potatoes							1000gr
Jumbo Aardappelen Kruidig Extra Groot 3kg	Potatoes							3000gr
Jumbo Aardappelen Kruidig Extra Groot 5kg	Potatoes							5000gr
Jumbo Broccoli 2 Personen - 500g	Broccoli							500gr
Knorr Kaassaus 44g	Cheese sauce					±	X	1pc
Jumbo Mini Eierkoeken 10 Stuks	Cookies - Mini Eierkoeken				X	X		10pc
Céréal Glutenfree & Lactosefree Mini Cakes met Stukjes C	Mini cakes (GF+LF)						±	6pc
Jumbo Meergranenbiscuits Bosvruchten 6 x 2 Stuks	To-go biscuits forrest fruits				X	X	±	6pc
Jumbo Meergranenbiscuits Appel 6 x 2 Stuks	To-go cookies apple				X	X	±	6pc
Damhert Glutenvrije Chocolade Haverkoek 165g	Choco oat cookies (GF+LF+NF)							5pc
Jumbo Jus Naturel 29g	Gravy naturel				X			1pc
Jumbo Jus Naturel 3 x 29g	Gravy naturel				X			3pc
Jumbo Chips Uitdeelzakjes Paprika & Naturel 15 Stuks (ni	Chips mix						±	15pc
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC



Day 11

Afternoon box:		B	P	V	G	L	N	
Jumbo Scharrelkip Gyrosreepjes 400g	Chicken (slices) spiced with Gyros spices							400gr
Wahid Kip Döner 300g	Chicken doner halal							300g
Jumbo Lekker Veggie Shoarma Vegan 175g	Vegetarian Gyros/shoarma			X				175gr
Jumbo Lekker Veggie Shoarma Vegan Voordeelverpakking 350g	Vegetarian Gyros/shoarma			X				350gr
Jumbo Uien 1kg	Onions							14pc
Jumbo Knoflook 100g	Garlic							100gr
Bolknoflook 150g	Garlic							150gr
Jumbo Paprika Rood	Pepper Red 1pc							1pc
Jumbo Paprika Mix 3 Stuks	Pepper Mix 3pc							3pc
Jumbo IJsbergsla	Iceberg lettuce							1pc
Tomaten 500g	Tomato's							500gr
Tomaten 750g	Tomato's							750gr
Jumbo Komkommer	Cucumber							1pc
Remia Knoflooksaus 500ml	Garlic sauce					X		500ml
Jumbo Glutenvrije Meergranen Tortilla 160g	Tortilla (GF)							2pc
BB Pide	Turkish bread			X				1pc
Mix glutenvrij brood duo (niet te bestellen via Jumbo)	White/Brown bread (GF) - 2pc						± ±	2PC