

Subsistence Allowances

Effective from 01.04.2009

- **Breakfast** Up To £6.25
Before 11.00am
- **Lunch** Up To £8.60
11.30am to 2.30pm
- **Tea** Up To £3.50
3.00pm to 6.30pm
- **Evening Meal** Up To £10.70
After 7.00pm
- **Overnight Stay** £5.00 per night

Personal Incidental Expenses (Tax and NI free)