

Expenses and Subsistence Allowance

Breakfast Allowance £18.77

Breakfast allowance - (more than 4 hours away from the normal place of residence or, where approved by NILGOSC, a lesser period before 11 am)

Lunch Allowance £22.04

Lunch allowance (more than 4 hours away from the normal place of residence or, where approved by NILGOSC, a lesser period including the period between 12 noon and 2pm)

Tea Allowance £7.67

Tea allowance - (more than 4 hours away from the normal place of residence or, where approved by NILGOSC, a lesser period including the period between 3pm and 6pm)

Evening Meal Allowance £34.20

Evening meal allowance - (more than 4 hours away from the normal place of residence or, where approved by NILGOSC, a lesser period ending after 7pm)

In case of absence overnight the London rate is **£199.89** and elsewhere **£164.38**