reakfast	Lunch	Dinner		Snacks
	What cau you we the lesson	rake toda		
	Hoves	of tomorous?		Take a look in our fresh
why wo	try going this midweek?			Take a look in our fresh aisles for those all important 5 a day
men				
		Give ,	a "Fakeaway" a an a	
		get	iuto the weekend spir	uor 't'
			What can you make today and use the lettovers of tomorrow? Why not try going meat free this midweek? meat free this midweek?	What cau you make today and use the lettovers of tomorrow?

Grocery List	
	Missing an ingredient? Don't forget, Co-op delivers!
	- radines!
	And don't forget your