





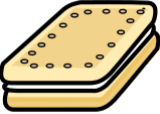

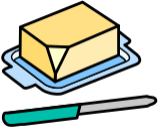
















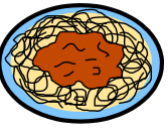
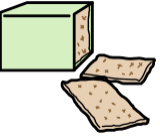












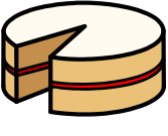


Fridge + Store Cupboard

| | |
|---|--------------|
|  | Milk |
|  | Cheese |
|  | Eggs |
|  | Yoghurt |
|  | Orange juice |
|  | Squash |
|  | Biscuits |
|  | Bread |
|  | Butter |
|  | Crisps |





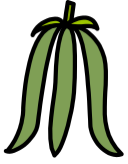


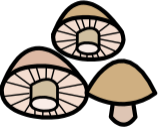
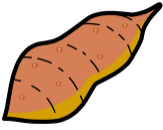

| | |
|--|-------------|
|  | Pasta |
|  | Rice |
|  | Pasta Sauce |
|  | Tomatoes |
|  | Tuna |
|  | Ham |
|  | Sausage |
|  | Bacon |
|  | Beans |
|  | Soup |

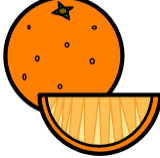





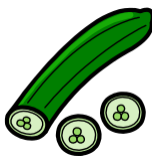

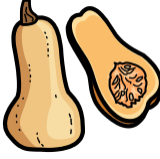

Fridge and Store Cupboard

| | |
|---|-----------------|
|  | Jam |
|  | Marmite |
|  | Nutella |
|  | Marmalade |
|  | Sweetcorn |
|  | Spaghetti Hoops |
|  | Crackers |
|  | Tomato Ketchup |
|  | Peanut Butter |
|  | Sugar |











| | |
|--|---------------|
|  | Cereal |
|  | Coffee |
|  | Tea |
|  | Hot Chocolate |
|  | Flour |
|  | Stock Cubes |
|  | Meat |
|  | Cakes |
|  | Salt |
|  | Pepper |

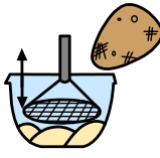





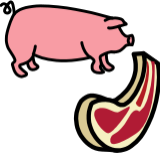


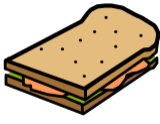
Fruit, Vegetables

| | |
|---|--------------|
|  | Potatoes |
|  | Broccoli |
|  | Carrots |
|  | Peas |
|  | Beans |
|  | Cabbage |
|  | Onions |
|  | Mushrooms |
|  | Sweet Potato |
|  | Kale |

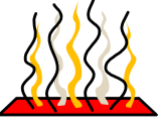
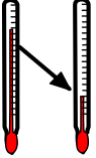





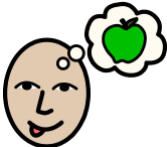


| | |
|--|------------------|
|  | Oranges |
|  | Apples |
|  | Bananas |
|  | Grapes |
|  | Tomatoes |
|  | Pineapple |
|  | Cucumber |
|  | Lettuce |
|  | Butternut Squash |
|  | Peppers |









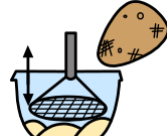

Meal Planner

| | |
|---|---------------------|
|  | Breakfast |
|  | Lunch |
|  | Dinner |
|  | Toast |
|  | Cereal |
|  | Boiled Egg |
|  | Poached Egg |
|  | Scrambled Egg |
|  | Spaghetti Bolognese |
|  | Curry |

| | |
|--|-----------------|
|  | Mashed Potatoes |
|  | Baked Potato |
|  | Boiled Potatoes |
|  | Chicken |
|  | Beef |
|  | Lamb |
|  | Pork |
|  | Vegetables |
|  | Salad |
|  | Sandwich |

Useful Vocabulary

| | |
|---|-----------------|
|  | Hot |
|  | Cold |
|  | Spicy |
|  | I like it |
|  | I don't like it |
|  | It's ok |
|  | more |
|  | hungry |
|  | thirsty |
|  | finished |

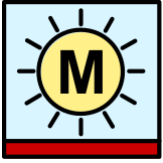
| | |
|--|--------|
|  | help |
|  | cut |
|  | spread |
|  | knife |
|  | fork |
|  | spoon |
|  | mix |
|  | stir |
|  | mash |
|  | roll |

My Shopping List

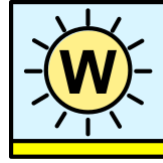
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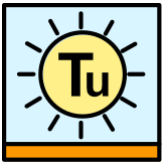
My Dream Menu



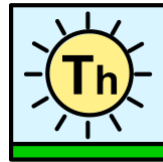
Monday



Wednesday

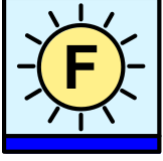


Tuesday

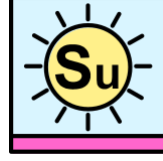


Thursday

My Dream Menu



Friday



Sunday



Saturday



Treats