## Whert's for dinner? hay food planner for the unek

|  | lornch | Dinner | Whert do 1 heed to buy? <br> $\checkmark$ SHOPPIMG GISG |
| :---: | :---: | :---: | :---: |
| hnon |  |  |  |
| Gues |  |  |  |
| USed |  |  |  |
| Ghares |  |  |  |
| Fri |  |  |  |
| Sat |  |  |  |
| Sun |  |  |  |

www.quakersocialaction.org. uk
Reproduced with permission.

