

Christmas

Week Commencing 19/12/22



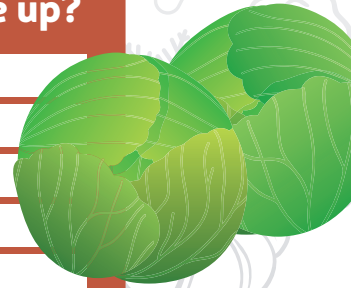
Preston
City Council

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN	Fry up	Christmas dinner! - turkey, sprouts, roasties, parsnips, gravy	Cheese & crackers

What can I use up?

Cheese
Gravy
Frozen sausages



Shopping list

Turkey
Sprouts
Parsnips



For more tips on reducing food waste, visit
www.preston.gov.uk/foodwaste