



Weekly

Week Commencing

7/3/22



Preston
City Council

MEAL PLANNER

	BREAKFAST	LUNCH	DINNER
MON	Porridge with banana slices	Ham and cheese sandwich	Bubble and squeak with leftover roasties
TUES			Spaghetti bolognese * defrost chicken *
WED	Cereal		Chicken curry and rice
THUR		Left over curry and rice	
FRI			
SAT			Takeaway Pizza!
SUN	Cold pizza 😊		

What can I use up?

Chicken - in the freezer

Leftover roasties

Bananas

Rice

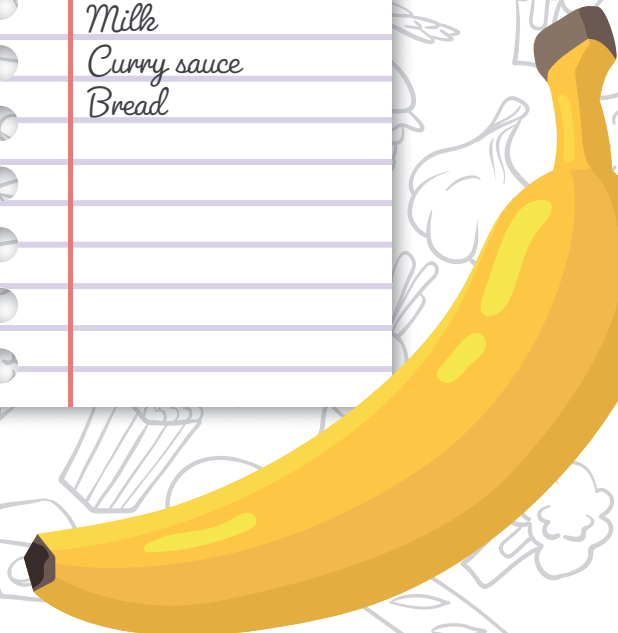
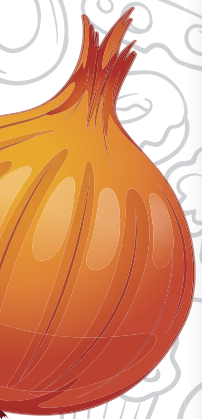


Shopping list

Milk

Curry sauce

Bread



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