



£30

Breakfast

- £2.80 24 Weetabix biscuits
- £2.00 2 litres milk
- £2.50 Jacket potato
- £1.00 Margarine/low fat spread
- £3.00 Beans
- £4.00 Cheese

- Bananas
- Juice
- Water

Spaghetti Bolognese

- £3.00 Pasta
- £6.00 Minced beef
- £0.20 Tomatoes – 4 tins

Grow your own veg, herbs, spices
Source locally fresh produce