
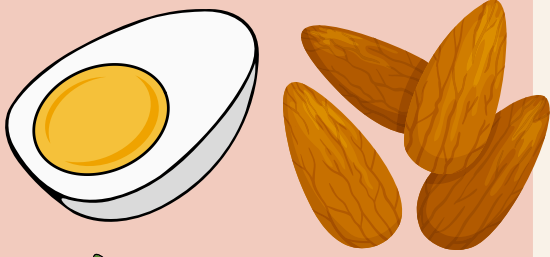
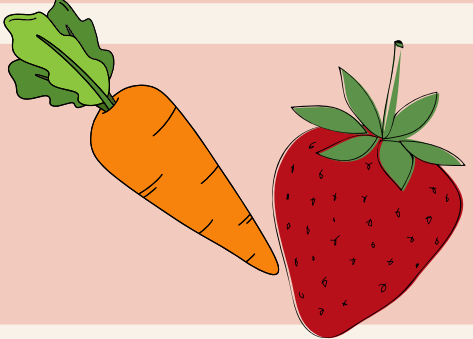


What's for lunch?

Let's plan lunch for the next week.

making
food
delightful

CATEGORY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The main event 					
A protein hit 					
Some fruit & veg 					
A wee treat 