

SKILLS for LIFE



Calling All Super Heros! Who is the Super Hero in your Community?

Captain America's Burger 1,5,6

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Bolt's Cheese and Tomato Puff 1,7 v

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Hulk Smashes Jacket Potato with a choice of fillings 7,8,9

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Spider Web Wedges

Power Packed Medley of Vegetables

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Secret Superpower Chocolate Cake 1vG

Superhero Cookies 1vG

Wonder Woman's Fruit Pots vG

13th NOVEMBER



GROW WITH US
NOURISH