

FRIDGE STOCK



SUPPLIES

Eggs
Milk
Stock cubes
Carrots
Hummus
Tomatoes
Salad
Cucumber
Yoghurts

SAUCES AND JAMS

Tomato sauce
Mayonaise
Salad cream
Soy sauce
Jam
Butter

MEATS

Bacon
Sausage
Ham
Cooked chicken

MISC

Suet
Fresh Pasta
Pasta sauces
Pesto

REMEMBER!

to clean out the
fridge, before you go
shopping. Throw
away all out of date
food!