



Printable guide for Dad and the kids this Mother's Day



The Ultimate Mother's Day Breakfast:



Tea / Coffee /	¹ Orange Juix	e (circle you	r preference)
Pastry /	Muffin		

(Give specific instructions of where to buy!)
Favourite Breakfast Cereal or Porridge:

Eggs: Scrambled / Poached / Boiled / Fried
Toast: Wholemeal / White - Butter / Plain

any other Special Requests:

STORE
your
HEALTHY
Homemade
Food

