

WELL
-FED

MOBILE SHOP



THE CORNER SHOP THAT COMES TO YOU!

As well as a selection of our meals, our shop sells other essential household items:

- Fruit & Vegetables
- Breakfast pots
- Soups pots
- Tea, Coffee & Sugar
- Milk, bread, eggs & Cheese
- Breakfast Cereals
- Tinned Goods
- Cleaning products

The shop sells a range of our meals:

EASY MEALS!

£2.25

We have a range of over 50 ready meals available. Simply pop in the microwave or oven.

Options include:

- Beef Roast Dinner
- Fish Pie
- Cottage Pie
- Pork sausage and mash
- Liver & Bacon
- Five bean chilli and rice (V)

**FEEDS
ONE
PERSON**

SLOW COOKER

**from
£4.50**

Our Slow Cooker bags come packed with a recipe card and all the ingredients for a tasty meal.

Options include:

- Sticky Honey Garlic Chicken
- Beef Stew with Dumplings
- Slow braised Pork Ragu
- Classic Beef Bolognese
- Creamy Red Lentil Curry (V)

**FEEDS 2
ADULTS AND
2 CHILDREN**

COOK EASY

**from
£5.50**

Our Cook Easy bags come with a recipe card and all the ingredients needed to cook from scratch

Options include:

- Chicken Chasseur
- Warming Beef Scouse
- Thai Red Curry with Aromatic Rice
- One-pot Spanish rice
- Cottage Pie
- Mushroom risotto (V)

**FEEDS 2
ADULTS
AND 2
CHILDREN**

OUR
MEALS
CHANGE
LIVES

Please visit www.cancook.co.uk or call
01244819543 for our full list of locations