

Lucy went for a bike ride and made  
'the best spag bol of lockdown' 😊



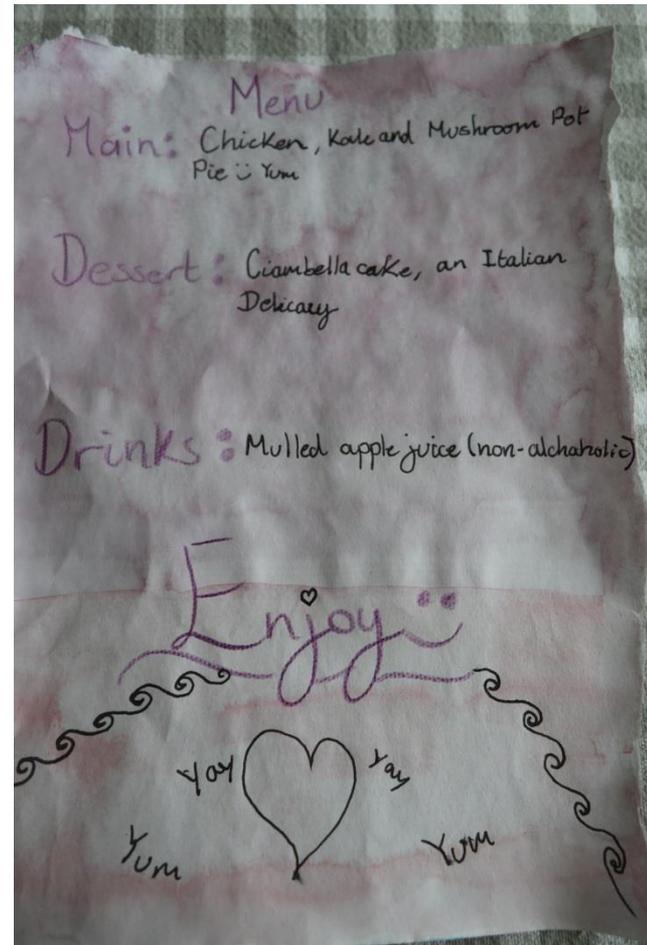
Millie made her favourite salmon meal and joined the CRFC's U9's team.



Ollie tried cheesy broccoli (looks tasty) and enjoyed paddleboarding.



# Sarah planned, prepared and cooked Sunday lunch.



Sophie played football and helped to prepare her favourite Roast Chicken Sunday dinner.

