

The Family Bakers
Brennans
TODAY'S BREAD TODAY

**HEALTHY
HEROES!
LUNCH CLUB**

**Brennans Healthy
Heroes Lunch Club
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R M O R E T H A N F O R T Y V A R I T I E S S L O
 F I B R E A D P S U Z Z L F G X Q V X R N W A X Q
 C C B K O A M H K P T P A E S U M U E V I E M U T
 A N G O E L K B R S Q Q M T T I U R F N M C U O C
 N C Z P F N I A C I N G D K P K L N O E R F I T K
 T R L S W L P Z P M W C X S D V U R L P H V C J F
 I L T D R X A R N H T F A L V T I O Y C M E L E A
 O D U B C F O V O G F M U R M O H G H T R G A L E
 X Z S P J T Q L I G N A O Y B W H M C V N E C L L
 I G X L E K E B T N Y M D R Q O Z B K W M T M L Y
 D O N I X W B Y I O Q O E V P M H P W H I A U T L
 A S N F H M K P R L I N I L A C Z Y W X N B B J E
 N A Y E N I E M T Y N T X Q P J N H D B E L T I F
 T K A O O C A G U A A L U N C H B O X R R E N C I
 S T M D I V E I N M N I A R G E L O H W A S Q M B
 Y J I B T E S S I J H E A L T H Y J T X L T U D R
 D N L A S L V N L C S E O R E H C N U L S I E X E
 E N N Y E I S I I E R W O A K P B P P I S C H O X
 F K Y W G J I W T L N Q I O N M X X K S Y E V F K
 N F F I I M D G J C I I F A M Y S D A H R G X M O
 Q J L X D N D U Z I A E M Z P A T T J G I W V K M
 F Y T P A W I C J H Y V V A H A O M I R A U U U F
 J R N S A Z S V B M V C T X I P A H G Q D R I L I
 V B R R Z Y G R E N E G J X T H A D S E G Z Q C P
 X K T L N N Q F F N S D I W U U T T O D M O W L I

**ACTIVE
ANTIOXIDANTS
BRENNANS
CALCIUM
CARBOHYDRATE
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DIGESTION
ENERGY
FIBRE
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**HEALTHY
HEROES
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IRON
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MINERALS
NIACIN
NUTRITION
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