Whether you’ve been rushing about all day, heading to your child’s school picnic or simply feel like a night off cooking – there are occasions that call for an instant, ‘no fuss’ family dinner. Instead of swinging by your local fish & chip shop, consider your local supermarket – you’ll have an easy, nourishing family meal in your hot little hands faster than your local chippie can say ‘order up’!

Supermarket = Super Takeaways
✓ super convenient ✓ super value ✓ super nutritious ✓ super tasty
Weighing up your options...

greater value vs greater fat?

Takeaways are best enjoyed only occasionally