SOLUMN TERM 2019

SEPTEMBER

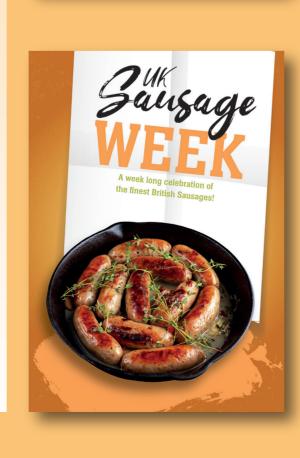


Meatball

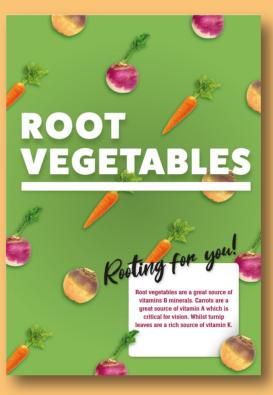
TASTES Jornaica OCTOBER

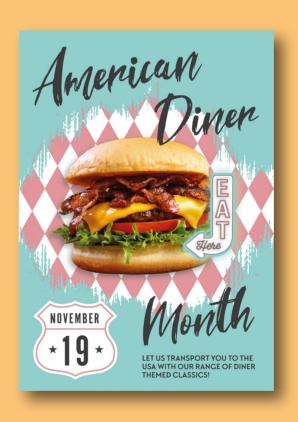


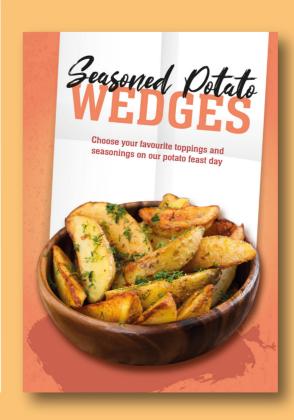
and B vitamins along with minerals such as calcium, magnesium and zinc



NOVEMBER







DECEMBER

