

ZM

# DAD'S **DISASTER** DINNERS

EAT IT OR STARVE.

fvmzm



DAD'S **DISASTER** DINNERS

# JOHN'S FRIDAY FRY-UP

## STEP ONE

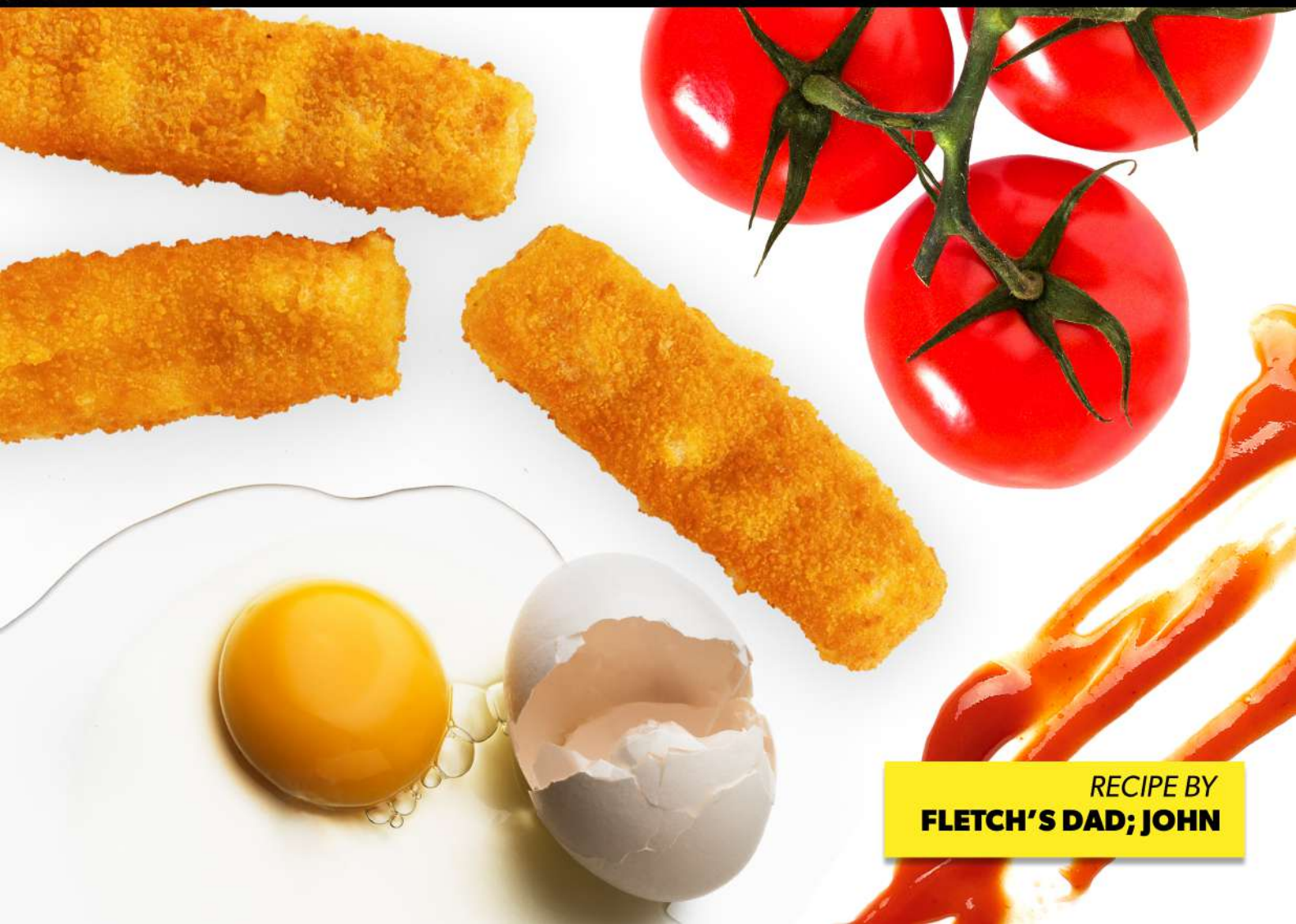
*Fry fish fingers in an oil greased pan.*

## STEP TWO

*Chop tomatoes horizontally into thirds.  
Add to pan. Flip fish fingers.*

## STEP THREE

*Add eggs and fry until over done.  
Serve with too much tomato sauce.*



RECIPE BY  
**FLETCH'S DAD; JOHN**

DAD'S **DISASTER** DINNERS

# JOHN SENIOR'S FISH FINGER SOUP

## STEP ONE

*Fill saucepan with water and bring to a boil.*

## STEP TWO

*Add dried noodle packets and frozen fish fingers to water.*

## STEP THREE

*Stir in flavour packets and serve.*



RECIPE BY  
**VAUGHAN'S FATHER IN LAW; JOHN**

## DAD'S **DISASTER** DINNERS

# WAYNE'S MARMITE SURPRISE

### STEP ONE

*Toast white bread and spread marmite on thick.*

### STEP TWO

*Mash ripe banana and layer on top of the marmite.*

### STEP THREE

*Arrange raisins on toast in the shape of a smile. Serve.*



RECIPE BY  
**MEGAN'S DAD; WAYNE**

DAD'S **DISASTER** DINNERS

# CORNFLAKE NACHOS

## STEP ONE

*Pour cornflakes in a bowl.*

## STEP TWO

*Grate cheese and combine  
with cereal.*

## STEP THREE

*Serve.*



RECIPE BY  
**RICHARD'S DAD; JOHN**

**DAD'S DISASTER DINNERS**

# **SARDINES** **ON TOAST**

## **STEP ONE**

*Lightly toast thin white bread.*

## **STEP TWO**

*Open expired tinned sardines, cutting finger on the seal.*

## **STEP THREE**

*Layer sardines on the now cold toast, and serve.*



RECIPE BY  
**RICHARD'S DAD; JOHN**

DAD'S **DISASTER** DINNERS

# CORNDOG SURPRISE

## STEP ONE

*Combine one tin of beans with one tin of sausages.*

## STEP TWO

*Add leftover corned beef and heat in microwave.  
Mash with fork.*

## STEP THREE

*Serve in a bowl.*



RECIPE BY  
**JAZ'S DAD; GARY**

DAD'S **DISASTER** DINNERS

# **BREAKFAST** **LUNCH & TEA**

## STEP ONE

*Heat tinned tomatoes and a tin of tuna on the stove.*

## STEP TWO

*Toast thin white bread. Spoon tomato and tuna mixture on to the toast.*

## STEP THREE

*Top with dried noodle packet and grated cheese. Serve.*



RECIPE BY  
**GEORGIA'S DAD; PAT**





HAPPY  
FATHER'S DAY,  
DAD.