Your Weekly Menu

Monday	Coca Cola Chicken	Friday	Sliders
Tuesday	Creamy Tomato Penne	Saturday	Chicken & Chorizo Stew
Wednesday	Cottage Pie	Sunday	Baked Fritatta
Thursday	Salmon Tray Bake		

In The Aisles

- 1 can cola
- Soy Sauce
- 500g Penne
- Tin Cherry Tomatoes
- Sugar
- Ketchup
- Steak Seasoning
- Balsamic Vinegar
- Mini Burger Buns
- Passata
- 1 tin Butter Beans
- 4tbsp black olives

Fruit & Vegetables

- 3 onions
- 2 bulbs garlic
- 1 lemon
- 11 potatoes
- 4 parsnips
- 12 baby potatoes
- 1 packet cherry tom
- 4 tomatoes
- 2 Little gem lettuce
- 1 yellow pepper
- 1 red pepper
- 1 aubergine

Dairy

- Mascarpone
- Parmesan
- 250g Cheddar
- Milk
- Butter

Meat, Fish and Eggs

- 8 Boneless Chicken Thighs
- 250g bacon lardons
- 1.5kg minced beef
- 4 salmon fillets
- 1 chorizo sausage
- 4 chicken breasts
- 8 eggs

Herbs & Spices

- 5 Spice
- Cumin Seeds
- Coriander Seeds
- Smoked Paprika
- Fresh Rosemary
- Fresh Basil
- Crushed Chilli Flakes