Your Weekly Menu

Monday	Veggie Fried Rice	Friday	Chicken Korma
Tuesday	Chicken parmigiana	Saturday	Herb Crusted Pollack
Wednesday	Honey Soy Stir Fry	Sunday	Indian Roast Chicken
Thursday	Hoi Sin Pork Wraps		

In The Aisles

- Sesame Oil
- 400g brown rice
- soy sauce
- peanuts
- 150g breadcrumbs
- 400ml passata
- Honey
- 450g egg noodles
- 8 flour tortillas
- Tomato puree
- 1 tin chopped toms
- Tandoori paste

Fruit & Vegetables

- 2 bunch Bok Choi
- 1 Carrot
- 1 red pepper
- 6 scallions
- Ginger
- Garlic
- Baby corn
- Sugar snap peas
- 500g stir fry veg
- 3 onions
- 1 green chilli
- 1 llime
- 1 lemon
- 4 potatoes

Dairy

- Parmesan
- 2 Balls Mozzarella
- 250ml cooking cream

Meat, Fish and Eggs

- 10 chicken breasts
- 2 eggs
- 500g pork strips
- 4 pollack fillets
- 1 whole chicken

Herbs & Spices

- Fresh Basil
- Fresh coriander
- Fresh dill
- Fresh parsley
- garam masala
- turmeric
- chilli powder