ILoveCooking

Your Weekly Menu

Monday	Italian Fritatta	Friday	Smoked salmon linguine
Tuesday	Creamy Lemon Chicken	Saturday	Burger In A Bowl
Wednesday	Hoisin Beef Stir Fry	Sunday	Stuffed Chicken
Thursday	Meatball fajitas		

In The Aisles

- Chicken stock
- 1 jar hoisin sauce
- 1 tbsp rice vinegar
- Basmati Rice
- 1 fajita seasoning
- flour tortillas
- tomato salsa
- 250g linguine
- 1 jar pesto

Fruit & Vegetables

- 2 red peppers
- 3 onions
- 1 garlic bulb
- 2 handfuls spinach
- 1 shallot
- 1 lemon
- 1 inch ginger
- 1 packet stir fry veg
- 1 lime
- ice berg lettuce
- 1 lime
- Mixed leaves
- 1 tomato

Dairy

- 75g goat's cheese
- 250g spreadable
- cheese
- 250ml cooking cream
- 6 tbsp Parmesan

Meat, Fish and Eggs

- 50g bacon lardons
- 9 eggs
- 500g lean beef strips
- 8 chicken breasts
- 1kg beef mince
- 150g smoked salmon
- 150g cooked prawns
- 8 slices parma ham

Herbs & Spices

- Fresh Basil
- Fresh Tarragon