Your Weekly Menu

Monday	Spinach Potato Hash	Friday	Homemade Pizza
Tuesday	Chicken Thigh Bake	Saturday	Chicken Parmigiana
Wednesday	Spicy Sausage Linguine	Sunday	Sea Bass With Chorizo
Thursday	Swedish Meatballs		

In The Aisles

- 300g linquine
- Balsamic Vinegar
- Brown Sugar
- 140g black olives
- White bread
- Plain Flour
- 500ml beef stock
- Dried yeast
- Strong white flour
- 750ml passata
- 1 tin mixed beans
- Vegetable Stock

Fruit & Vegetables

- 4 potatoes
- 2 onions
- 250g spinach
- 12 cherry tomatoes
- 1 head garlic
- 500g baby potatoes
- 1 lemon
- 2 peppers
- 2 bunches asparagus
- 2 bunches broccoli
- 2 red onions

Dairy

- 150g soft cheese
- 100g mascarpone
- 60ml milk
- 60ml cream
- 4 balls mozzarella
- 75g Parmesan

Meat, Fish and Eggs

- 7 eggs
- 10 chicken thighs
- 250g chorizo
- 450g minced beef
- 2 chicken breasts
- 4 sea bass fillets

Herbs & Spices

- Fresh Rosemary
- Fresh Thyme
- Bay leaf
- Allspice
- Ground Nutmeg
- Fresh Dill
- Dried Oregano
- Fresh Basil
- Fresh Flat leaf Parsley