Your Weekly Menu

Monday	Pollack With Tomatoes	Friday	Prawn Curry
Tuesday	Pesto-stuffed Chicken	Saturday	Lamb with polenta
Wednesday	Pasta Primavera	Sunday	Roast Chicken
Thursday	Chorizo & Pea Risotto		

In The Aisles

- Balsamic Vinegar
- 1 jar pesto
- 400g brown fusilli
- 100g sunblush tomato
- 1 glass wine
- 2 litre chicken stock
- 300g risotto rice
- 750g ready polenta
- Harissa Paste
- Flour

Fruit & Vegetables

- 2 heads garlic
- 600g cherry tomatoes
- 1 bag rocket
- Bunch baby crrots
- Bunch asparagus
- 3 lemons
- 2 onions
- 150g frozen peas
- 1 green chilli
- 3 tomatoes

Dairy

- 4 tbsp cream cheese
- 1 tub creme fraich
- Parmesan
- 4 tbsp double cream
- Butter

Meat, Fish and Eggs

- 4 Pollack fillets
- 4 Chicken Breasts
- 8 Slices Parma Ham
- 150g chorizo
- 400g raw prawns
- 8 Lamb Chops
- 1 whole chicken

Herbs & Spices

- Fresh basil
- Fresh Chives
- Fresh Mint
- Fresh Coriander
- Fresh Thyme
- Fresh Rosemary
- Garam Masala
- Fresh Ginger
- Turmeric
- Ground Coriander
- Ground Cumin
- Fenugreek