ILoveCooking

Your Weekly Menu

Monday	Thai Fish Cakes	Friday	Chicken Biriyani
Tuesday	Spaghetti & Meatballs	Saturday	Hoisin Beef
Wednesday	Potato & Chorizo Fritatta	Sunday	Creamy Lemon Chicken
Thursday	Burger In A Bowl		

In The Aisles

- Fish sauce
- Thai Red Curry Paste
- Sweet Chilli Sauce
- 3 slices bread
- Spaghetti
- 1 roasted pepper
- Basmati Rice
- Raisins
- Chicken stock
- Flaked almonds
- hoisin sauce
- rice wine vinegar

Fruit & Vegetables

- 1 red chilli
- 1 head of garlic
- 2 limes
- 6 scallions
- 2 red onions
- 5 baby potatoes
- Mixed Leaves
- 1 Tomato
- 1 oniion
- 1 pack stir fry veg
- 1 Lemon
- 1 shallot

Dairy

- 25g Cheddar
- tub plain yoghurt
- 140g soft chease

Meat, Fish and Eggs

- 450g white fish
- 1 egg
- 1kg minced beef
- 1 chorizo sausage
- 4 chicken breasts
- 500g lean beef steak
- 4 chicken breasts

Herbs & Spices

- Fresh coriander
- Fresh basil
- Fresh Tarragon
- 3 cardomom pods
- 2 star anise
- 1 bay leaf
- 1 cinamon stick
- Madras past
- Turmeric
- Garlic
- Ginger