Your Weekly Menu

Monday	Bang Bang Chicken	Friday	Creamy Pesto Chicken
Tuesday	Fillet Steak	Saturday	Hoisin Pork Wraps
Wednesday	Pollack in a Herby Crust	Sunday	Chicken & Broccoli
Thursday	Mexican Pitta Pizza		

In The Aisles

- Dried Rice Noodles
- Satay Sauce
- Olive oil
- 1 bag of breadcrumbs
- 4 wholemeal pittas
- 1 tin refried beans
- 1 jar pesto
- 1 jar hoisin sauce
- Soy sauce
- Tortilla (x8)
- 1 tin chicken soup
- 1 tin mushroom

Fruit & Vegetables

- 1 cucumber
- Bunch scallions
- 1 bag small potatoes
- Mushrooms
- 2 onions
- 1 lemon
- 1 lime
- 2 red peppers
- 1 green pepper
- 1 courgette
- rocket
- 200g baby tomatoes
- Head of broccoli

Dairy

- 250ml double cream
- 200g parmesan
- Feta
- 1 tub creme fraiche
- 100g cheddar cheese

Meat, Fish and Eggs

- 12 chicken fillets
- 4 fillet steaks
- 4 pollack fillets
- 500g lean pork

Herbs & Spices

- Coriander
- Paprika
- Flat leaf parsley
- Basil