I Love Cooking

Your Weekly Menu

Monday	Chicken Thigh Veg Bake	Friday	Chicken Broccoli Bake
Tuesday	Beef Stroganoff	Saturday	Chicken Parmigiana
Wednesday	Pollack in a Herby Crust	Sunday	Hoisin Beef Stir Fry
Thursday	Pestpo Spaghetti		

In The Aisles	*Fruit & Vegetables*	*Dairy*	*Meat, Fish and Eggs*	*Herbs & Spices*
Olive oil	2 head of garlic	25g butter	8-10 Chicken Thighs	Fresh rosemary
Salt & pepper	1/2Kg baby potatoes	Cooking cream	450g sirloin steak	Fresh thyme
Sweet paprika	1 lemon	230g Parmesan chees	4 Pollack fillets	Fresh dill
Sunflower oil	2 bell peppers	Cheddar cheese mix	6 chicken breasts	Fresh basil
White wine vinegar	2 bundles asparagus	2 mozzarella balls	500g lean steak	Fresh Ginger
white wine	2 heads broccoli			
Chicken stock	2 large shallot			
Dijon mustard	150g mushrooms			
Tomato puree	1 lime			
Basmati rice	1 pack stiry fry veg			
White breadcrumbs				
60g pine nuts				
Spaghetti				
Passata, Hoisin Jar				
Eggs				