Your Weekly Menu

Monday	Mexican Pitta Pizza	Friday	Asian Chicken Wraps
Tuesday	Grilled Tamarind Chicken	Saturday	Harissa Lamb Chops
Wednesday	Meatball Fajitas	Sunday	Stuffed Chicken
Thursday	Pesto Fish Fillets		

In The Aisles

- 4 x wholemeal pittas
- 1 tin refriend beans
- 2xjars tamarind paste
- 250ml oragne juice
- Fajita seasoning
- Olive oil, Sesame oil
- 8 tortillas
- 2 jars green pesto
- Fresh breadcrumbs
- Soy sauce
- Brown sugar
- Chinese bbq sauce
- Long grain rice
- Harissa paste

Polenta

Fruit & Vegetables

- 2 red pepper
- 1 courgette
- Rocket
- 2 lime
- 1 head of garlic
- Ginger
- Avocado
- Iceberg lettuce
- Cucumber
- 2 onions
- Cherry tomatoes

Dairy

- 60g feta
- cream cheese

Meat, Fish and Eggs

- 6 chicken thighs
- 6 chicken legs
- 500g minced beef
- 4 white fish fillets
- 8 chicken breasts
- 8 lamb chops
- 8 slices Parma ham

Herbs & Spices

- Coriander