ILoveCooking

Your Weekly Menu

Monday	Pesto Spaghetti	Friday	Fish Fingers
Tuesday	Beef Stroganoff	Saturday	Cheats Chicken Kiev
Wednesday	Chicken Parmigiana	Sunday	Beef Sliders
Thursday	Pesto Stuffed Chicken		

In The Aisles

- 500g Spaghetti
- 2 x jar of pesto
- Sweet paprika
- White wine vinegar
- Chicken stock
- Dijon mustard
- Tomato puree
- Rice
- White wine
- 6 eggs
- 350g breadcrumbs
- 400ml passata
- Plain flour
- 10 mini burger buns

Fruit & Vegetables

- 1 shallot
- 150g mushrooms
- Garlic
- 1 lemon
- 2 heads gem lettuce
- 3 tomatoes

Dairy

- Butter
- Cooking Cream
- 75g parmesan cheese
- 2 balls of mozzarella
- Cream cheese
- Garlic herb soft chees
- Cheddar slices

Meat, Fish and Eggs

- 450g rump steak
- 10 chicken breasts
- 8 slices parma ham
- 280g Hake fillet
- 500g beef mince

Herbs & Spices

- Salt & pepper
- Basil
- Fresh parlsey
- Tomato sauce