Your Weekly Menu

Monday	Pesto Spaghetti	Friday	Hosin Pork Wraps
Tuesday	Chicken Broccoli Bake	Saturday	Cajun Salmon
Wednesday	Hoisin Beef Stir Fry	Sunday	
Thursday	Creamy Pesto Chicken		

In The Aisles

- 500g Spaghetti
- Olive oil
- 60g pine nuts
- Salt
- 1tin chicken soup
- 1tin mushroom soup
- 100g breadcrumbs
- 2 jar hoisin sauce
- Basmati rice
- 1 jar pesto
- Soy sauce
- 8 flour tortillas
- Cajun spice mix
- Chicken stock

Fruit & Vegetables

- 1 head of garlic
- 2 lemons
- 2 packs stir fry veg
- 200g small tomatoes
- 1 onion
- 1 bag baby potatoes
- Green salad
- Root veg:
- carrots, parsnip

Dairy

- 105g Parmesan
- 100g grated cheese
- 1 tub creme fraiche
- Butter

Meat, Fish and Eggs

- 8 chicken breasts
- 500g lean beef steak
- 500g lean pork strips
- 4 salmon fillets
- 1.5kg whole chicken

Herbs & Spices

- Large bunch of Basil
- Fresh ginger
- Thyme
- Rosemary