Your Weekly Menu

Monday	Creamy Lemon Chicken	Friday	Tagliatelle With Parma
Tuesday	Meatball Fajitas	Saturday	Chicken Quesadillas
Wednesday	Smoke Salmon Linguini	Sunday	Hoisin Beef Stir Fry
Thursday	Chicken Parmigiana		

In The Aisles

- Olive oil
- Salt & pepper
- Chicken stock cube
- 1 pack fajita mix
- 16 flour tortilla
- 2 jars tomato salsa
- 250g linguini
- 2 eggs
- Breadcrumbs
- 400ml Passata
- 1 pack Tagliatelle
- Guacamole
- 1 jar hoisin
- Rice vinegar

Fruit & Vegetables

- 3 large shallot
- 1 lemon 1 lime
- New potatoes
- 1 onion
- 1 pepper
- 1 avocado
- iceberg lettuce
- Head of garlic
- 1 red chilli
- Tomatoes
- 1 pack stir fry veg

Dairy

- 140gherb creamchees
- 250ml cooking cream
- Parmesan
- 2 mozzarella balls
- 220g Cheddar

Meat, Fish and Eggs

- 8 chicken breasts
- 500g minced beef
- 150g smoked salmon
- 150g cooked prawns
- 6 slices Parma ham
- 500g lean steak

Herbs & Spices

- Tarragon
- Basil
- 1 inch ginger
- Basmati rice