Your Weekly Menu

Monday	Chicken Fajitas	Friday	Chicken Biryani
Tuesday	Huevos Rancheros	Saturday	Homemade Pizza
Wednesday	Spicy Bacon Penne	Sunday	Piri Piri Roast chicken
Thursday	Minty Lamb Burgers		

In The Aisles

- 1 sachet fajita season
- Red Wine Vinegar
- Sugar
- 2 tins tomatoes
- 650ml passata
- Dried Breadcrumbs
- Pitta Bread
- 300g basmati rice
- Raisons
- Flaked Almonds
- Strong Flour
- Fast Action Yeast
- olive oil
- 5 eggs

Fruit & Vegetables

- 2 Limes
- 5 onions
- 4 red peppers
- 4 yellow peppers
- 2 tomatoes
- Garlic
- Tenderstem Broccoli
- 2 bunch asparagus
- Salad Leaves
- Ginger

Dairy

- Grated Chedder
- Mozarella
- Plain Yoghurt

Fridge:

- Guacamole
- Salsa
- Sour Cream

Meat, Fish and Eggs

- 4 Chicken Breasts
- 1 Whole Chicken
- 175g bacon lardons
- 500g lamb mince

Herbs & Spices

- Fresh Coriander
- Fresh Basil
- Fresh Mint
- Smoked Paprika
- Dried Oregano
- Cardamom Pods
- Star Anise
- Cinnamon Stick
- Madras Paste
- Turmeric
- 8 Red Chillies