Your Weekly Menu

Monday	Portobello Burger	Friday	Chicken Korma
Tuesday	Baked Chicken Thighs	Saturday	Pizza
Wednesday	Hoisin Pork Wraps	Sunday	Chorizo and Pea Risotto
Thursday	Spaghetti & Meatballs		

In The Aisles

- Balsamic Vinegar
- Olive Oil
- 1 Tin Chickpeas
- Hoisin Sauce
- Soy Sauce
- 8 Flour Tortillas
- 3 slices bread
- 500g spaghetti
- Rice
- Sugar
- Yeast
- Strong Flour
- Passata
- Risotto rice

Fruit & Vegetables

- Lettuce
- Red Peppers
- 4 Portobellos
- 3 onions
- 600g sweet potatoes
- 12 cherry tomatoes
- 3 onions
- 500g stir fry veg
- 150g frozen peas
- 1 lemon
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- Ginger
- Garlic

Dairy

- Provolone
- 125ml milk
- 500ml natural yoghurt
- Mozzarella
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- Wine

Meat, Fish and Eggs

- 8 chicken thighs
- 500g lean pork strips
- 500g lean mince
- 4 chicken breasts
- 150g chorizo
- 1 litre chicken stock
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Herbs & Spices

- Parsley
- Fresh Basil
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- Cardamon
- Ground Cumin
- Turmeric
- Paprika
- Ground Coriander
- Chilli Powder
- Dried oregano
- Dried basil