



Menu Plan week starting 17th March

3 slices bread	1 small broccoli	2/3 cup brown sugar
8 slices sliced bread	500 grams butternut pumpkin	250 mls chicken stock
50 grams butter	3 large carrots	2 tablespoons corn flour
4 tablespoons butter	4 large carrots	0.75 cup desiccated coconut
400 mls cream	3 large carrots	1 tablespoon dried basil
4 large eggs	3 tablespoons fresh chives	3 tablespoons dried chilli
6 large eggs	3 cloves fresh garlic	1 tablespoon dried parsley
1 large eggs	2 cloves fresh garlic	1 tablespoon dried parsley
12 large eggs	1 small iceberg lettuce	1.5 tablespoons ground cumin
1 large eggs	8 large potatoes	1 cup milk chocolate chips
75 grams feta cheese	1 large red capsicum	2.5 cups oats
125 mls light sour cream	10 spring onions	2 tablespoons olive oil
1/2 cup milk	6 spring onions	2 tablespoons olive oil
100 grams parmesan cheese	4 large tomato	2 tablespoons olive oil
1/2 cup parmesan cheese (grated)	2 large tomato	2 tablespoons olive oil
8 rashers bacon (shortcut rindless)	1 large white onion	2 tablespoons olive oil
250 grams sun dried tomatoes	1 large white onion	690 mls pasta sauce
200 grams frozen peas	1 teaspoon dried oregano	500 grams pasta sauce
5 sheets short crust pastry	500 grams beef mince	4 tablespoons plain flour
500 grams fresh agnolotti pasta	500 grams beef mince	2/3 cup plain flour
187.5 mls water	500 grams chicken breasts	3 tablespoons salt
100 grams baby spinach	1 large whole chicken	12 large taco shells
	1 1/2 cups bread crumbs	500 grams spaghetti
		3 cups white rice

Planning with Kids

A guide to organising the chaos
and making time for family fun.



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These ingredients are to make:

Tacos - Homemade Seasoning (Monday)

Choc Chip Muesli Slice (Monday)

Roast Chicken and Vegetables (Tuesday)

Fried Rice (Wednesday)

Slow Cooker Italian Meatballs (Thursday)

Pasta With Chicken And Spinach (Saturday)

Scrambled Eggs with Tomatoes (Sunday)

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