



Menu Plan week starting 24th March

8 small dinner bread rolls
3 tablespoons butter
300 mls cream
400 mls cream
4 large eggs
75 grams feta cheese
100 grams parmesan cheese
(grated)
300 mls sour cream
150 mls sour cream
200 grams tasty cheese
200 grams tasty cheese
(grated)
250 grams semi sun dried
tomatoes
90 grams sun dried tomatoes
175 mls tzatziki
5 sheets short crust pastry
750 grams fresh gnocchi pasta
1 large brown onion
3 large carrots
3 large carrots
3 large carrots
6 large corn
1 large cucumber
3 tablespoons fresh basil
3 cloves fresh garlic
3 cloves fresh garlic
1 large iceberg lettuce
2 tablespoons lemon juice

3 large potatoes
8 large potatoes
1 large red capsicum
1 large red capsicum
6 spring onions
10 sticks spring onions
2 large tomato
1 large white onion
1.25 tablespoons dried oregano
1.5 kilograms chicken wings
500 grams diced beef
500 grams lamb strips
250 mls beef stock
0.5 teaspoon black cracked
pepper
1.5 teaspoons minced garlic
2 teaspoons minced garlic
2 tablespoons olive oil
2 tablespoons olive oil
500 grams pasta sauce
0.125 cup plain flour
6 cups rice bubbles
0.5 teaspoon sea salt
3 tablespoons tomato paste
1 packet tortillas burritos
360 grams tuna (tomato &
onion flavour)
4 cups white rice
250 grams marshmallows

These ingredients are to make:

Souvlaki (Monday)
Rice Bubble Slice (Monday)
Chicken Wings with Baked
Potatoes and Corn (Tuesday)
Tuna Rice (Wednesday)
Slow Cooker Beef Stroganoff
(Thursday)
Tomato and Basil Gnocchi
(Saturday)
Savoury Tarts (Sunday)

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