



Menu Plan week starting 31st March

400 mls coconut milk	1 large iceberg lettuce	1 teaspoon cinnamon
6 large bread rolls	1 small iceberg lettuce	2 tablespoons cocoa
8 slices sliced bread	10 large potatoes	1 tin condensed milk
4 tablespoons butter	8 large potatoes	1 tablespoon curry paste
50 grams butter	6 sticks spring onions	2 cups desiccated coconut
1 large eggs	2 large tomato	3 tablespoons dried chilli
6 large eggs	4 large tomato	2 teaspoons dried coriander
12 large eggs	2 large tomato	1.5 tablespoons ground cumin
125 mls light sour cream	1 large white onion	4 tablespoons olive oil
150 grams tasty cheese (grated)	1 large white onion	2 tablespoons olive oil
1 cup yoghurt	1 large white onion	4 tablespoons plain flour
200 grams frozen peas	1 teaspoon dried oregano	3 tablespoons salt
187.5 mls water	2 teaspoons garam masala	3 tablespoons sweet chilli sauce
4 large carrots	500 grams beef mince	12 large taco shells
3 large carrots	500 grams beef mince	140 grams tomato paste
3 large carrots	750 grams chicken breasts	3 tablespoons tomato sauce
4 large carrots	2 large chicken breasts	200 mls vegetable oil
3 sticks celery	600 grams chicken breasts	2 tablespoons vegetable oil
4 large corn	1 packet Marie biscuits	1 tablespoon worstershire sauce
3 tablespoons fresh chives	425 grams beetroot (canned)	100 grams pasta soup
3 cloves fresh garlic	1 cup bread crumbs	500 grams spaghetti
1 teaspoon finely chopped ginger	4 cups bread crumbs	
(or ½ tsp ground) fresh ginger	15 seeds cardamom seeds	
1.5 tablespoons fresh parsley	5 cups chicken stock	

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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