



Menu Plan week starting 10th March

60 grams butter	0.5 small iceberg lettuce	1 teaspoon dried ginger
6 large eggs	0.75 large iceberg lettuce	1 teaspoon ground coriander
3 large eggs	8 large potatoes	3 tablespoons honey
4 large eggs	1 large red capsicum	2 teaspoons honey
150 grams feta cheese	2 large red capsicum	1 teaspoon minced garlic
75 grams parmesan cheese (grated)	20 large snow peas	2 tablespoons olive oil
100 grams tasty cheese	6 sticks spring onions	2 tablespoons olive oil
4 large fresh fish fillets	6 sticks spring onions	4 tablespoons plain flour
250 grams shredded ham	2 large tomato	24 small rice paper wrappers
200 grams frozen peas	500 grams beef strips	1 tablespoon salt flakes
5 medium banana	750 grams chicken breasts	3 cups plus 2tbs self raising flour
500 grams butternut pumpkin	2 large chicken breasts	2 tablespoons soy sauce
3 large carrots	2 tablespoons barbecue sauce	2 teaspoons soy sauce
3 large carrots	250 mls beef stock	3 tablespoons sweet chilli sauce
3 large carrots	425 grams beetroot (canned)	0.5 cup tartare sauce
4 large carrots	1 teaspoon bicarbonate of soda	4 tablespoons tomato sauce
4 large carrots	1 teaspoon black pepper	0.5 teaspoon vanilla essence
4 sticks celery	4 cups bread crumbs	200 mls vegetable oil
4 large corn	1.5 cups caster sugar	250 mls vegetable oil
0.5 large cucumber	1500 mls chicken stock	2 cups Arborio rice
3 tablespoons fresh chives	5 cups chicken stock	100 grams pasta soup
1.5 tablespoons fresh parsley	2 tablespoons corn flour	2 cups white rice

These ingredients are to make:

Banana Cake (Monday)

Rice Paper Rolls - Kid Friendly (Monday)

Pan Fried Fish with Salad (Tuesday)

Chicken Schnitzel and Steamed Vegetables (Wednesday)

Slow Cooker Chicken Noodle Soup (Thursday)

Beef Stir Fry (Saturday)

Pumpkin And Fetta Risotto (Sunday)

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