



## Menu Plan week starting 3<sup>rd</sup> March

400 mls coconut milk	3 large carrots	600 grams chicken breasts
165 mls red wine	5 large carrots	12 thin sausages
75 grams butter	4 sticks celery	250 grams Marie biscuits
100 grams butter	1 small cucumber	425 grams beetroot (canned)
50 grams butter	1 large eggplant	0.06 teaspoon brown sugar
300 mls cream	3 cloves fresh garlic	15 seeds cardamom seeds
750 mls milk	1 clove fresh garlic	1 teaspoon cinnamon
350 grams mozzarella cheese (grated)	3 cloves fresh garlic	296.5 mls (3/4 quarters of a can) condensed milk
70 grams parmesan cheese (grated)	1 teaspoon finely chopped ginger (or ½ tsp ground) fresh ginger	3 tablespoons corn flour
200 grams tasty cheese	3 tablespoons lemon juice	425 grams corn kernels
350 grams tasty cheese (grated)	1 teaspoon lemon rind	1 tablespoon curry paste
1 cup yoghurt	10 large potatoes	0.75 cup desiccated coconut
8 rashers bacon (shortcut rindless)	1 large red capsicum	0.75 cup desiccated coconut
6 Sheets puff pastry	2 large red capsicum	2 teaspoons dried coriander
62.5 mls water	2 large tomato	1.5 cups icing sugar
0.25 cup water	1 large white onion	2 teaspoons minced garlic
1 small broccoli	1 large white onion	1 tin oil olive spray
1 large brown onion	1 large white onion	2 tablespoons olive oil
1 large brown onion	2 large zucchini	2 tablespoons olive oil
600 grams butternut pumpkin	2 teaspoons garam masala	2 tablespoons olive oil
500 grams butternut pumpkin	500 grams beef mince	1 tablespoon olive oil
	2 kilograms beef topside	500 mls pasta sauce
		0.5 cup plain flour

1 teaspoon salt	4 tablespoons tomato paste	750 grams lasagne pasta
1 tablespoon sea salt	140 grams tomato paste	500 grams penne pasta
400 grams tinned tomatoes (diced)	165 mls tomato sauce	
850 grams tinned tomatoes (whole)	2 tablespoons vegetable oil	
	2 teaspoons worstershire sauce	

These ingredients are to make:

Lemon Slice (Monday)  
Slow Cooker Roast Beef (Monday)  
Sausages and Salad (Tuesday)  
Baked Penne With Bacon (Wednesday)  
Slow Cooker Spaghetti Bolognese (Thursday)  
Left Over Meat Recipe (Friday)  
Slow Cooker Butter Chicken (Saturday)  
Roast Vegetable Lasagne (Sunday)

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