

100 mls red wine	1 large white onion	6 tablespoons vegetable oil
165 mls red wine	1 large white onion	
40 grams butter	0.5 teaspoon dried oregano	100 grams pasta soup
300 mls cream		500 grams penne pasta
70 grams parmesan cheese (grated)	4 large beef steaks	
200 grams tasty cheese	2 kilograms beef topside	These ingredients are to make:
8 rashers bacon (shortcut rindless)	500 grams chicken breasts	
200 grams frozen peas	2 large chicken breasts	Marinated Chicken Sticks and Salad (Monday)
125 mls water	1 small beef stock cubes	Slow Cooker Roast Beef (Tuesday)
62.5 mls water	425 grams beetroot (canned)	Baked Penne With Bacon (Wednesday)
1 small broccoli	2 teaspoons brown sugar	Slow Cooker Chicken Noodle Soup (Friday)
1 large brown onion	5 cups chicken stock	Marinated Steak and Garlic Mashed Potatoes (Saturday)
500 grams butternut pumpkin	1 teaspoon corn flour	
4 large carrots	3 tablespoons corn flour	
3 large carrots	410 grams corn kernels	
4 large carrots	0.25 teaspoon ground cumin	
5 large carrots	8 tablespoons honey	
4 sticks celery	0.5 teaspoon minced chilli	Doesn't include a meal we are having at home with friends that week which will be nachos and other fun foods.
1 large cucumber	2 teaspoons minced garlic	
2 - 3 cloves fresh garlic	1 tablespoon olive oil	
2 cloves fresh garlic	2 tablespoons olive oil	
1.5 tablespoons fresh parsley	2 tablespoons olive oil	
1 large iceberg lettuce	500 mls pasta sauce	This app was made for <a href="http://planningwithkids.com">http://planningwithkids.com</a> by <a href="http://ventiv.com.au">http://ventiv.com.au</a>
8 large potatoes	8 tablespoons soy sauce	
10 large potatoes	2 tablespoons tomato paste	
1 large red capsicum	165 mls tomato sauce	
6 sticks spring onions		
2 large tomato		