ILoveCooking

Your Weekly Menu

Monday	Eggy In The Middle
Tuesday	Creamy Lemon Chicken
Wednesday	Chorizo & Pea Risotto
Thursday	Spag Bol With Veggies
Friday	Smoked Fish Gratin
Saturday	Spicy Pork Cakes
Sunday	Roast Chicken

In The Aisles

- Sliced Bread
- Chicken Stock
- 300g Arborio Rice
- 1 Glass white wine
- Frozen Peas
- 1 tin tomatoes
- tomato puree
- tomato ketchup
- beef stock
- spaghetti
- thai red curry paste
- breadcrumbs

Fruit & Vegetables

- 1 Shallot
- 2 lemons
- Baby Potatoes
- 2 bulbs garlic
- 1 onion
- 1 stick celery
- 1 carrot
- 1/2 courgette
- 4 tomatoes
- 2 scallions
- 1

Dairy

- 140g soft cheese
- 75g Gruyere
- 2 tbsp Parmesan
- 200ml double cream

Meat, Fish and Eggs

- 5 Eggs
- 4 Chicken breasts
- 150g Chorizo
- 450g minced beef
- 650g smoked fish
- 500g pork mince
- 1 Chicken

Herbs & Spices

- Fresh Tarragon
- dried oregano
- Fresh Basil
- Fresh Dill
- Sesame Seeds
- Fresh Coriander
- Fresh Rosemary
- Fresh Thyme