

Week Meal Plan

AND SHOPPING LIST

Date:

Sunday



Roast Beef

Monday



Cheese and
pancetta omelette

Tuesday



Chicken pie

Wednesday



Cauliflower,
spinach and
cheese bake

Thursday



Cajun slow
cooked pork

Friday



Kedgeriee

Saturday



Homemade beef
burgers

Shopping List.



- Roast beef
- Pancetta
- Cauliflower
- Spinach
- Chicken breast pieces
- Ready rolled puff pastry
- Crème fraiche
- Pork fillet
- Passata
- Tin of kidney beans
- Crusty loaf (or use bread machine and bake at home check yeast and flour supplies)
- Smoked fish
- Minced beef
- Burger rolls (or check yeast and flour supplies to make at home)