Sunday dongsnmash	Monday stew	Tuesday strogenoff	Wednesday curry_sausages	Thursday parmy	Friday mongolian_beef	Saturday tomoto_chicken
2 Thick Sausages2 Thin Sausages5 Potatos1 Vegtables	• 350g Beef • 1 Onion • 2 Carrot • 2 Potato • 100g Pea Corn • Add Garlic • 1 Zucchini	350g Beef Strips 1 Onion .66cup Rice Add Vegtables 2tspn Tomato Paste Add Garlic 100g Sour Cream Add Spices	4 Thin Sausages 1 Onion Add Peas Corn Add Spices	1 Chicken Breast 50g Tomotoo Paste 100g Cheese Grated 100g Ham 500g Potato Chips	300g Beef Strips 2 Zucchini 2 Carrot .5 Red Cap .5 Green Cap 1 Onion Add Garlic Add Mongolian Maranade Add Mongolian Sauce	2 Chicken Thigh 2 Chicken Leg 250g Pasta Tomato Mix Add Garlic Add Spices 1 Onion
Sunday pizza	Monday carbonara	Tuesday beef_burgers	Wednesday chicken_curry	Thursday kebab	Friday sushi	Saturday tex_mex_chicken
 4 Bacon 50g Pepperoni 4 Pork Sausage 4 Mushrooms 1 Onion 30g Pizza Paste Add Spices 150g Cheese 2 Lebo Bread 	 50g Bacon 80g Paramesan Cheese 5 Egg Yoke 1 Onion 350g Pasta 	1 Carrot 1 Onion 250g Mince Add Stock 1tsp Mince Garlic 1 Egg 1tbsp Barbecue Sauce to consistency Bread Crumbs 4 Bread Add Mayonase Add Mustard	1 tin Evaporated Milk 1 Chicken Breast Add Spices	• 500g Mince • Add Spices • 2 Tomatoo • 200g Cheese • 1 Onion	1cup Rice 6 sheets Nori 1 Chicken Breast 1 Kfc Spices	Add Taco Seasoning Add Bread Crumbs 5 Potatos Add Vegtables
Sunday steak	Monday fish_chips	Tuesday seafood	Wednesday Soup	Thursday Soup	Friday chicken_wings	Saturday shepards_pie
• 2 Steak • 1 Lettice • 2 Tomatoo • 1 Red Onion	• 1 Fish • 300g Chips	12 Oysters 4 Bacon Add Woshteshire 2 Samon 300g Chips Add Salad	1 Chicken Breast 2 Carrot 3 Potato 1 Onion 1 Cellery Add Spices	1 Chicken Breast 2 Carrot 3 Potato 1 Onion 1 Cellery Add Spices	6 Chicken Wings 150ml Honey 1tsp Chilly Sauce 1tbsp Soy 2tbsp Tomoto Sauce Add Garlic	• 3 Potato • 400g Beef • 1 Onion • 1 Egg • 100g Cheese • 2 Carrot • 100g Pea Corn • Add Garlic