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