Sunday Steak	Monday Parmy	Tuesday Carbonara	Wednesday Chicken Curry	Thursday Kebab	Friday Fish Chips	Saturday Tomoto Chicken
2 Steak     1 Lettice     2 Tomatoo     1 Red Onion	1 Chicken Breast     50g Tomotoo Paste     100g Cheese Grated     100g Ham     500g Potato Chips	• 50g Bacon • 80g Paramesan Cheese • 5 Egg Yoke • 1 Onion • 350g Pasta	1 tin Evaporated Milk     1 Chicken Breast     Add Spices	500g Mince     Add Spices     2 Tomatoo     200g Cheese     1 Onion	• 1 Fish • 300g Chips	2 Chicken Thigh     2 Chicken Leg     250g Pasta Tomato Mix     Add Garlic     Add Spices     1 Onion
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday