Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Chicken Wings	Fish Chips	Random	Curry Sausages	Tex Mex Chicken	Beef Burgers	Carbonara
6 Chicken Wings 150ml Honey 1tsp Chilly Sauce 1tbsp Soy 2tbsp Tomoto Sauce Add Garlic	• 1 Fish • 300g Chips	• \$80 Money	4 Thin Sausages 1 Onion Add Peas Corn Add Spices	Add Taco Seasoning Add Bread Crumbs 5 Potatos Add Vegtables	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	50g Bacon 80g Paramesan Cheese 5 Egg Yoke 1 Onion 350g Pasta
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mongolian Beef	Stew	Strogenoff	Tomoto Chicken	Parmy	Shepards Pie	Steak
300g Beef Strips 2 Zucchini 2 Carrot .5 Red Cap .5 Green Cap 1 Onion Add Garlic Add Mongolian Maranade Add Mongolian Sauce	• 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	2 Chicken Thigh 2 Chicken Leg 250g Pasta Tomato Mix Add Garlic Add Spices 1 Onion	Chicken Breast Sog Tomotoo Paste 100g Cheese Grated 100g Ham Soog Potato Chips	• 3 Potato • 400g Beef • 1 Onion • 1 Egg • 100g Cheese • 2 Carrot • 100g Pea Corn • Add Garlic	2 Steak 1 Lettice 2 Tomatoo 1 Red Onion