Sunday mongolian_beef	Monday curry_sausages	Tuesday chicken_wings	Wednesday ke bab	Thursday seafood	Friday Soup	Saturday sushi
300g Beef Strips 2 Zucchini 2 Carrot .5 Red Cap .5 Green Cap 1 Onion Add Garlic Add Mongolian Maranade Add Mongolian Sauce	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	• 500g Mince • Add Spices • 2 Tomatoo • 200g Cheese • 1 Onion	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	1cup Rice 6 sheets Nori 1 Chicken Breast 1 Kfc Spices
Sunday tomoto_chicken	Monday shepards_pie	Tuesday kebab	Wednesday beef_burgers	Thursday strogenoff	Friday stew	Saturday seafood
2 Chicken Thigh 2 Chicken Leg 250g Pasta Tomato Mix Add Garlic Add Spices 1 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 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	350g Beef Strips 1 Onion .66cup Rice Add Vegtables 2tspn Tomato Paste Add Garlic 100g Sour Cream Add Spices	• 350g Beef • 1 Onion • 2 Carrot • 2 Potato • 100g Pea Corn • Add Garlic • 1 Zucchini	• 12 Oysters • 4 Bacon • Add Woshteshire • 2 Samon • 300g Chips • Add Salad
Sunday fish_chips	Monday Soup	Tuesday chicken_wings	Wednesday steak	Thursday tomoto_chicken	Friday stew	Saturday chicken_curry
• 1 Fish • 300g Chips	 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	2 Steak 1 Lettice 2 Tomatoo 1 Red Onion	2 Chicken Thigh 2 Chicken Leg 250g Pasta Tomato Mix Add Garlic Add Spices 1 Onion	• 350g Beef • 1 Onion • 2 Carrot • 2 Potato • 100g Pea Corn • Add Garlic • 1 Zucchini	1 tin Evaporated Milk 1 Chicken Breast Add Spices