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