

Sunday parmy <ul style="list-style-type: none"> • 1 Chicken Breast • 50g Tomotoo Paste • 100g Cheese Grated • 100g Ham • 500g Potato Chips 	Monday carbonara <ul style="list-style-type: none"> • 50g Bacon • 80g Parmesan Cheese • 5 Egg Yoke • 1 Onion • 350g Pasta 	Tuesday shepards_pie <ul style="list-style-type: none"> • 3 Potato • 400g Beef • 1 Onion • 1 Egg • 100g Cheese • 2 Carrot • 100g Pea Corn • Add Garlic 	Wednesday stroganoff <ul style="list-style-type: none"> • 350g Beef Strips • 1 Onion • .66cup Rice • Add Vegetables • 2tspn Tomato Paste • Add Garlic • 100g Sour Cream • Add Spices 	Thursday beef_burgers <ul style="list-style-type: none"> • 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 	Friday pizza <ul style="list-style-type: none"> • 4 Bacon • 50g Pepperoni • 4 Pork Sausage • 4 Mushrooms • 1 Onion • 30g Pizza Paste • Add Spices • 150g Cheese • 2 Lebo Bread 	Saturday chicken_wings <ul style="list-style-type: none"> • 6 Chicken Wings • 150ml Honey • 1tsp Chilly Sauce • 1tbsp Soy • 2tbsp Tomoto Sauce • Add Garlic
Sunday soup <ul style="list-style-type: none"> • 1 Chicken Breast • 2 Carrot • 3 Potato • 1 Onion • 1 Cellery • Add Spices 	Monday sushi <ul style="list-style-type: none"> • 1cup Rice • 6 sheets Nori • 1 Chicken Breast • 1 Kfc Spices 	Tuesday fish_chips <ul style="list-style-type: none"> • 1 Fish • 300g Chips 	Wednesday Steak <ul style="list-style-type: none"> • 2 Steak • 1 Lettice • 2 Tomatoo • 1 Red Onion 	Thursday curry_sausages <ul style="list-style-type: none"> • 4 Thin Sausages • 1 Onion • Add Peas Corn • Add Spices 	Friday tex_mex_chicken <ul style="list-style-type: none"> • Add Taco Seasoning • Add Bread Crumbs • 5 Potatos • Add Vegetables 	Saturday bangers_mash <ul style="list-style-type: none"> • 2 Thick Sausages • 2 Thin Sausages • 5 Potatos • 1 Vegetables
Sunday kebab <ul style="list-style-type: none"> • 500g Mince • Add Spices • 2 Tomatoo • 200g Cheese • 1 Onion 	Monday Soup <ul style="list-style-type: none"> • 1 Chicken Breast • 2 Carrot • 3 Potato • 1 Onion • 1 Cellery • Add Spices 	Tuesday seafood <ul style="list-style-type: none"> • 12 Oysters • 4 Bacon • Add Woshteshire • 2 Samon • 300g Chips • Add Salad 	Wednesday chicken_curry <ul style="list-style-type: none"> • 1 tin Evaporated Milk • 1 Chicken Breast • Add Spices 	Thursday mongolian_beef <ul style="list-style-type: none"> • 300g Beef Strips • 2 Zucchini • 2 Carrot • .5 Red Cap • .5 Green Cap • 1 Onion • Add Garlic • Add Mongolian Maranade • Add Mongolian Sauce 	Friday stew <ul style="list-style-type: none"> • 350g Beef • 1 Onion • 2 Carrot • 2 Potato • 100g Pea Corn • Add Garlic • 1 Zucchini 	Saturday tomato_chicken <ul style="list-style-type: none"> • 2 Chicken Thigh • 2 Chicken Leg • 250g Pasta Tomato Mix • Add Garlic • Add Spices • 1 Onion