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SHOPPING LIST

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This Week-:

- Quick Lasagne
- Chicken Tetrazzini
- Nachos
- Roast Chicken
- Fish & Baked Wedges

PANTRY BOX

BASICS

- ☐ salt & black pepper
- ☐ olive oil

CANS

- ☐ cream of mushroom soup
- ☐ 400g (14oz) diced tomatoes

DRY

- ☐ lasagne sheets 240g pkt (8.5oz)
- ☐ corkscrew pasta

FLAVOUR

- ☐ beefstock
- ☐ minced garlic
- ☐ dried basil leaves
- ☐ dried oregano
- ☐ paprika
- ☐ cayenne pepper
- ☐ tomato paste
- ☐ tartare sauce
- ☐ gravy

FRESH BOX

PRODUCE

- ☐ avocado 1
- ☐ broccolli 1
- ☐ carrots 4
- ☐ cucumber 1
- ☐ lettuce 1
- ☐ onion 3
- ☐ tomatoes 3
- ☐ zucchini 1 med
- ☐ potatoes 9
- ☐ lemon 1

MEAT

- ☐ chicken thighs 500g (1lb)
- ☐ mince beef 600g (1.3lbs)
- ☐ whole chicken
- ☐ white fish fillets 4

DAIRY

- ☐ mozzarella 250g (8.8oz)
- ☐ parmesan cheese 1/4 cup
- ☐ cottage cheese 500g (1lbs)
- ☐ cream 1/2 cup
- ☐ sour cream 2 medium tubs
- ☐ milk

FROZEN

OTHER

- ☐ jar 500g (1lbs) pasta sauce 2
- ☐ garlic bread
- ☐ pkt corn chips 230g(8.1oz)

OTHER ITEMS