

Shopping List w/c 2nd July



Monday

Veggie
roll ups

w/c
2nd July

Tuesday

Shakshuka

Wednesday

Chicken
traybake

Thursday

Lamb mince
naan pizza

Friday

Freezer
stash

Saturday

Pork Lettuce
Wraps

Sunday

OUT

Monday - Puff Pastry veggie roll ups

- Puff pastry
- Cheese
- Passata
- Potatoes
- Mushrooms
- Sweet potato
- Courgettes
- Garlic



HUNGRY LITTLE BEARS

Family food

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Tuesday - Shakshuka

- Tinned tomatoes
- Aubergine
- Red pepper
- Cumin
- Onion
- Halloumi or feta
- Chilli - fresh and powder
- Garlic
- Eggs
- Herbs - coriander, basil, parsley

Wednesday - Chicken traybake

- Chicken thighs/drumsticks
- Kale
- Honey
- Mustard
- Lemon
- Garlic
- Thyme
- Wholegrain basmati rice
- Carrots
- Courgettes

Thursday - Lamb mince Pizza

- Lamb mince
- Passata
- Cumin
- Chilli powder
- Coriander
- Cinnamon
- Onion
- Smoked Paprika
- Pizza base of choice!



HUNGRY LITTLE BEARS

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Friday - Freezer Stash

- Hubby and I are out so will whip something out of the freezer for the kids...

Saturday - Pork Lettuce wraps

- Pork mince
- Shallot
- Ginger
- Garlic
- Chilli (optional)
- Mint
- lime
- Fish sauce
- Brown sugar
- Lettuce
- Peanuts
- Red Onion
- Mango

Sunday - Out for the day - Mama's day off!