



Mum's Menu

Pasta:

Spaghetti Bolognese

Ingredients Required: Beef mince, Onion, Garlic, Tomato Paste, red wine, Beef stock, mustard powder, worcestshire sauce, Italian Herbs, Tin tomatoes, salt & pepper

Cannelloni

Ingredients Required: Spinach, Cannelloni, 500gm Low fat Ricotta cheese, Tasty cheese, 2 x eggs, nutmeg, 2 x cloves of garlic, tin of tomatoes, 1 tbl of tomato paste, Italian herbs.

Spaghetti Cabonara

Ingredients Required: Fettuccine, 3-4 rashers of Bacon, 4 x Egg yolks, 300ml of Lite Cream, 2 cloves of Garlic, Onion, Tasty Cheese, Herbs

Gnocchi

Ingredients Required: Onion, garlic, Gnocchi, 3 rasher of bacon, 300ml cream, chicken, approx. 1 tbl of pesto

Lasagne

Ingredients Required: Lasagne sheets, bolognese sauce, béchamel sauce, cheese.

Risotto

Ingredients Required: Arborio rice, white wine, garlic, onion, celery, parmesan cheese, butter (Pesto – optional stir through at the end)

Casseroles / Stews:

Beef Stew

Ingredients Required: Casserole steak, onion, garlic, beef stock, red wine, tin tomatoes, flour, herbs and spices.

Chicken Cacciatore

Ingredients Required: Chicken drumsticks or maryland, onion, capsicum, tin tomatoes, red wine, herbs and spices.

Chicken & French Onion Casserole

Ingredients Required: Chicken breast or thighs, French onion soup mix, sour cream, bacon, flour, onions.

Beef & Horseradish Stew

Ingredients Required: Chuck steak, brown onions, garlic, ginger, curry powder, plain flour, beef stock, Worcestershire sauce, horseradish cream, potatoes, sweet potatoes.

Osso Bucco

Ingredients Required: Osso Bucco, onion, garlic, beef stock, red wine, tin tomatoes, flour, herbs and spices.

Beef Goulash

Ingredients Required: Chuck steak, onion, tin tomatoes, 2 tbl tomato paste, 1 cup stock, 1 tbl paprika, 1 bay leaf, ½ cup flour, ½ cup sour cream.

Mexican:

Fajitas

Ingredients Required: Chicken or Beef, Tortilla's, Capsicum, Red Onion, chilli powder, hot paprika, lime juice, sugar, Coriander ground, Cumin ground, lettuce, guacamole, tasty cheese.

Enchiladas

Ingredients Required: Chicken, tortilla's, tin tomatoes, ground coriander, ground cumin, garlic, onion, chillies, mexi beans, chilli powder, ground cinnamon, sugar, tomato puree, tasty cheese.

Burritos

Ingredients Required: Chicken, tortilla's, tin tomatoes, Mexican beans, ground cumin, ground coriander, onion, grated cheese.

Curry & Stir Fry's:

Beef with Broccoli, cashews and Choy Sum

Ingredients Required: Rump steak, garlic, broccoli, Choy sum, Peanut oil, oyster sauce, dry sherry, cashews, Hokkien noodles.

Thai Curry (Red or Green)

Ingredients Required: Chicken thighs, curry paste, fish sauce, bok Choy, water chestnuts, rice (brown sugar for Green curry).

Singapore Noodles

Ingredients Required: Chicken breast or thigh, Singapore Noodles, Bok Choy or cabbage, carrot, garlic, egg, soy sauce, sweet chilli sauce.

Pad Thai Noodles

Ingredients Required: Pork or chicken, noodles, egg, coriander, bean shoots, lime juice, fish sauce, brown sugar, rice stick noodles, garlic, chillies, peanuts.

Lamb or Chicken Korma

Ingredients Required: Diced Lamb, tsp of grated ginger, tsp grated garlic, tbl Garam Marsala, tin tomatoes, 200ml natural yogurt.

Chow Mein

Ingredients Required: Mince, onion, ¼ Cabbage, 1 x Chicken Noodle soup, 2 x tbl rice, curry powder, water.

Butter Chicken

Ingredients Required: Chicken breast or thighs, cream, natural yoghurt, Butter Chicken paste, fenugreek leaves.

Moroccan Chicken Curry

Ingredients Required: Chicken breast or thighs, onion, chick peas, ground coriander, ground cumin, tin tomatoes.

Special Fried Rice

Ingredients Required: rice, chicken breast, bacon, ginger, garlic, peas, eggs, soy sauce, spring onions.

Other:

Shepherd's Pie

Ingredients Required: Mince, Onion, Tomato Paste, Beef stock, peas, carrots, worcestshire sauce, mustard powder, mashed potatoes, salt & pepper.

Stuffed Peppers

Ingredients Required: Mince, Onion, 1 tbl tomato paste, 1 tbl beef stock, 1 tsp worcestshire sauce, 1 tsp mustard powder, 2 tbl rice, 1 cup water, 1 tsp ground cumin, 1 tsp ground coriander, salt & pepper, cheese.

Chicken Parmagiana

Ingredients Required: Chicken breast, flour, breadcrumbs, egg, ham / salami, cheese, tin tomatoes, tomato paste, herbs and spices, potatoes, broccoli, carrots

Quiche – self crusting

Ingredients Required: ½ cup S/R flour, 3 eggs, 1 cup milk, 1 cup cheese, 1 onion, 2 cooked potatoes, green vegetables such as broccoli, cauliflower, cabbage, zucchini.

Roast Chicken, Lamb, Beef

Ingredients Required: Whole chicken or chicken drumsticks, Lamb or Beef, potatoes, pumpkin, cauliflower, carrots, peas.

Zucchini Slice

Ingredients Required: Zucchini's, onion, bacon, tasty cheese, self raising flour, oil, eggs.

Chicken and Leek Pie

Ingredients Required: Chicken thigh fillets, 2 x leeks, 2 x carrots, 2 x celery sticks, 2 tbl four, 500ml chicken stock, ½ cup cream, Pastry.

Hedgehog Meatballs

Ingredients Required: Mince, onion, garlic, tomato paste, tomato soup, rice, cumin, salt and pepper.

Chicken Paella

Ingredients Required: chicken drumsticks or pieces, hot vegetable stock, red peppers, tin tomatoes, 450g rice, green beans, cayenne pepper, smoked paprika, vegetable.

Caesar Salad

Ingredients Required: Cos lettuce, egg, garlic, croutons, bacon, chicken, anchovies.

Asian Noodle Salad

Ingredients Required: Mince, vermicelli noodles, chilli, garlic, ginger, coriander, mint.



Week 1	Week 2
Monday – Roast Chicken	Monday – Sausages & veg
Tuesday – Shepherd's Pie	Tuesday – Singapore Noodles
Wednesday – Beef Stew	Wednesday – Spaghetti Bolognese
Thursday – Cannelloni	Thursday – Beef with Broccoli stir fry
Friday – Chicken Parmagiana	Friday – Quiche
Saturday – Beef Fajita's	Saturday – Butter Chicken
Sunday – Pad Thai	Sunday – Stuffed peppers

Week 3	Week 4
Monday – Chicken Paella	Monday – Chicken Casserole
Tuesday – Spaghetti Carbonara	Tuesday – Sausages & veg
Wednesday – Hedgehog Meatballs	Wednesday – Chow Mein
Thursday – Steak & Veg	Thursday – Risotto
Friday – Chicken Korma	Friday – Chicken Pie
Saturday – Roast Lamb	Saturday – Beef Schnitzels
Sunday – Caesar Salad	Sunday – Zucchini Slice

Week 5	Week 6
Monday – Chicken Enchilada's	Monday – Chicken Burrito's
Tuesday – Macaroni Cheese	Tuesday – Veggie burgers
Wednesday – Beef Stir Fry	Wednesday – Moroccan Chicken Curry
Thursday – Hamburgers	Thursday – Chops & veg
Friday – Gnocchi	Friday – Lasagne
Saturday – Steak & veg	Saturday – Special Fried Rice
Sunday – Salmon Patties	Sunday – Chicken salad