

# Shopping List – Menu (Week Three):

## Veggie Box:

- Lettuce
- Onions
- Carrots
- Pumpkin
- Zucchini
- Apples
- Watermelon
- Oranges
- Grapes
- Potatoes
- Bananas
- Tomatoes
- Cucumber
- Cabbage
- Bread

## Supermarket:

- 1 tin of creamed corn
- 1 x 6 pkt small yogurt
- 1 pkt of cheese sticks
- 1 pkt of rice crackers
- 1 pkt plain sweet biscuits
- 1 pkt rocket salad mix
- Multigrain rolls
- 1 punnet f strawberries
- 1 pkt of vita-weet biscuits
- 6 sour dough buns
- 1 pkt muesli
- 4 litre milk
- 1 tin of apricots
- 1 tin of fruit salad
- 1 tin of peaches
- 375 gram pkt of mixed fruit
- 1 pkt of custard powder
- 1 kilo of sugar
- 1 pkt wraps
- 6 slices of ham
- 1 tin of pink salmon
- 1 pkt of sweet potato frozen chips
- 1 raisin bread
- 2 pkts of jelly
- 1 coleslaw dressing
- A dozen eggs

## Meat Tray:

- 750 grams of mince
- 8 rashers of bacon