

Week one - Veggie Box order:

- Apples
- Bananas
- Pears
- Oranges
- Cucumber
- Tomatoes
- Lettuce
- Potatoes
- Onions
- Capsicum
- Corn
- Zucchini's
- Bread
- Meat tray needs
- ½ kilo mince
- 6 rashers bacon
- 1 kilo sausages
- Butcher to make tray up to \$20 value which can be used over weekend
- Eggs - 2 dozen

Shopping List – Menu (Week One):

- Cereal
- 1 bread
- 1 pkt pita bread rolls
- 2 kilo margarine
- 200gms Ham
- 1 pkt pasta
- 2 kilo plain flour
- 4 lt milk
- 750 grms grated cheese
- 1 tin tuna
- 2 pkt rice crackers
- 1 pkt cheese sticks
- 1 pkt chicken cubes
- Curry powder
- Nutmeg
- Bi carb soda
- 2 kilo S R flour
- 500grms brown sugar
- Cinnamon
- 500gms bread crumbs
- 1 kilo frozen peas
- Yoghurt
- Kebab sticks
- Baking powder
- Salt veg oil
- 1 tin carnation milk
- 2 pkts jelly
- Tomato sauce
- 1 pkt kiddies [6 box] sultanas Total cost \$ 74.49
- Cheaper if you have these ingredients in your pantry
- Curry powder
- Nutmeg
- Tomato sauce
- Bi carb soda
- Cinnamon
- Baking powder