

Shopping List – Menu (Week Two):

- BCH - 1 dozen eggs \$3.00
- BCH meat tray: \$20.00
- 1 kilo beef strips
- 1.5 kilo beef mince
- BCH - Veggie box: \$20.00
- 1.5 kilo potatoes
- 1 iceberg lettuce
- 4 tomatoes
- 1 cucumber

- 1 leek
- 4 apples
- ½ kilo onions
- 4 bananas
- ¼ cabbage
- 6 carrots
- 2 lemons
- 1 capsicum
- Bread

Supermarket

- 1 pkt wraps
- 6 slices roast beef
- 6 slices ham
- 6 x small tubs yoghurt
- 6 x small pkts sultanas
- 1 roast chicken
- 250 grm risotto rice
- 2 x tin fruit peaches, apricots
- 1 x 2lt low fat ice cream
- 1 vegemite [may still have left from week1]
- 1 mayo
- 1 black bean sauce
- 1 pkt frozen beans
- 1 pkt frozen stir fry vegies
- 1 hokkien noodles
- 1 x 250 grm cheese block
- 1 pkt Vita-Weet biscuits
- 1 pkt rice cracker biscuits
- 1 pkt cereal
- 1 pkt muesli

- 1 pkt pasta bows
- 1 small pkt dried apricots
- 1 pkt cheese slices
- 1 tin beetroot
- 1 pkt hamburger buns
- 1 coleslaw dressing
- pkt cheese sticks
- 1 kilo smoked cod
- 1 pkt dried parsley
- litres milk
- 1 kilo margarine
- 1 family size yoghurt
- SR flour [maybe still some left in pantry]
- 1 pkt lasagne sheets
- 1 bolognese sauce
- 1 cheese sauce
- 1x 450 grated cheese
- Several pkts of jelly
- 1 kilo rice [jasmine if you like it but plain is fine]
- Garlic [should still have garlic from last week's menu]