

PREPARED TO COOK

MENU CALENDAR

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1. <i>Bonus recipe:</i> Strawberry pavlova	Pasta with bacon and cream, salad	Chutney curry chicken, rice & vegetables	Hawaiian pizzas, salad	Butternut soup, French loaf/buns, salad	Boerewors rolls, bean & green salad	Cottage pie, vegetables	
2. <i>Bonus recipe:</i> Orangy butternut	Mini hamburger frikadells, cocktail buns, salad	Chicken stir-fry, rice	Tuna tart, vegetables/ salad	Spaghetti Amatracciana, salad	Cornish pie, rice, vegetables	Roast chicken, potatoes, rice and vegetables	
3. <i>Bonus recipe:</i> Chocolate mousse	Fish pie, salad	Brinjal & salami potato bake, salad	Chutney chicken with orange, rice and vegetables	Beef stroganoff, rice and peas	Macaroni cheese, salad	Chicken & butternut, rice	
4. <i>Bonus recipe:</i> Cheese puffs	Mexican chili con carné, taco shells, cheese, avo & salad (or brown rice!)	Calamari rings, lemon, tartare sauce, salad rice/chips,	Savoury rice tart, salad	Shanghai steak, rice, vegetables <i>requires 3hrs marinating</i>	Tuna mayo pasta salad & rolls	Chicken curry, rice, vegetables	
5. <i>Bonus recipe:</i> Braai sauce	Broccoli soup, buns/ crusty bread, raw veggies	Quick savoury tart, salad	Thai chicken curry, rice, peas	Fish 'n chips, salad	Lasagne, salad	Honey & mustard roast chicken, rice potatoes, veg	
6. <i>Bonus recipe:</i> Salad dressing	Bacon & spinach pasta, salad	Apricot chicken, rice and vegetables	Bangers & mash, , peas and carrots	Spaghetti Bolognese, salad	Cold curried chicken, salads <i>prep sauce the night before</i>	Bobotie, yellow rice, sambles	