

# Menu

Sunday	Sausage And Mash
Monday	Vegetarian Hot Pot
Tuesday	Pizza & Garlic Bread
Wednesday	Cottage Pie
Thursday	Sweet Potato & Chickpea Curry
Friday	Spaghetti & Meatballs
Saturday	Bean & Rice Burrito

# Shopping

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|--|---------------------------------------|
| <input type="checkbox"/> Tomatoes                | <input type="checkbox"/> Plain Flour  |
| <input type="checkbox"/> Vinegar                 | <input type="checkbox"/> Butter       |
| <input type="checkbox"/> 1 x Lime                | <input type="checkbox"/> Garlic Bread |
| <input type="checkbox"/> 2 x Tins Mixed Beans    | <input type="checkbox"/>              |
| <input type="checkbox"/> Rice                    | <input type="checkbox"/>              |
| <input type="checkbox"/> Plain Yoghurt           | <input type="checkbox"/>              |
| <input type="checkbox"/> 1 x Tin Chickpeas       | <input type="checkbox"/>              |
| <input type="checkbox"/> 3 x Tins Chopped Tomato | <input type="checkbox"/>              |
| <input type="checkbox"/> 750g Sweet Potato       | <input type="checkbox"/>              |
| <input type="checkbox"/> 60g Pork Mnce           | <input type="checkbox"/>              |
| <input type="checkbox"/> 2.5kg Potatoes          | <input type="checkbox"/>              |
| <input type="checkbox"/> 2 x Carrots             | <input type="checkbox"/>              |
| <input type="checkbox"/> 1 x Tin Baked Beans     | <input type="checkbox"/>              |
| <input type="checkbox"/> Pizza                   | <input type="checkbox"/>              |
| <input type="checkbox"/> 8 x Sausages            | <input type="checkbox"/>              |
| <input type="checkbox"/> Dried Spaghetti         | <input type="checkbox"/>              |
| <input type="checkbox"/> 1 x Large Parsnip       | <input type="checkbox"/>              |
| <input type="checkbox"/> Half A Swede            | <input type="checkbox"/>              |
| <input type="checkbox"/> 5 x Onions              | <input type="checkbox"/>              |
| <input type="checkbox"/> Pearl Barley            | <input type="checkbox"/>              |
| <input type="checkbox"/> Chilli Powder           | <input type="checkbox"/>              |
| <input type="checkbox"/> Cumin                   | <input type="checkbox"/>              |
| <input type="checkbox"/> Dried Mixed Herbs       | <input type="checkbox"/>              |
| <input type="checkbox"/> Tortilla Wraps          | <input type="checkbox"/>              |

# Other

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