



Shopping list

Menu of the Month - **February 2015**

Meat/Fish

- 250g rindless streaky bacon
- 18 chicken wings
- 6 chicken breast fillets
- 120g biltong
- 500g lean beef mince

Vegetables/Fruit

- 2 lemons
- 4 onions
- Fresh thyme or origanum
- 1 kg potatoes
- 4 large carrots
- 1 butter lettuce
- parsley

Store cupboard

- Rooibos tea bags
- Honey
- Sesame seeds
- Canola oil
- Olive oil

Dairy

- fresh apple juice
- ±50g cheddar cheese
- 1 cup full cream milk
- 250g butter
- 2 x 500g frozen puff pastry

Groceries

- 250g dried apple rings
- 1 x 170g shredded light meat Tuna in vegetable
- oil
- 4 large eggs
- loaf brown bread
- 250g frozen peas
- 50g dried cranberries
- 50g slivered almonds

Ina Paarmann's products

Seasoning & Spices

- Braai & Grill Seasoning
- Cajun Spice
- Chicken Spice
- hilli & Garlic Seasoning
- Garlic Pepper Seasoning
- Green Onion
- Meat Spice

Stocks

- 3 x 25g sachets Liquid Chicken Stock
- 2 x 25g sachets Liquid Beef Stock
- 2 x 25g sachets Liquid Vegetable Stock

Other

- 2 x Ready to Serve Cheese Sauce
- Sticky Marinade
- Tomato Pesto
- Roast Onion Soup and Gravy Powder