



Shopping list

Menu of the Month - May 2015

Meat/Fish

- Shaved or thinly sliced ham 200g

Vegetables/Fruit

- Large carrot 1
- Beetroot 1
- Cucumber 1
- Apple 3
- Fresh ginger 3cm piece
- Lemon 1
- Fresh fruit of own choice for muesli
- Onion 1
- Mushrooms 250g
- Large ripe tomatoes 2 -3
- Chives 1 punnet

Store cupboard

- Honey
- Salt
- Canola oil
- White vinegar

Dairy

- Apple juice 500ml
- Plain full cream yoghurt 500ml
- Butter 250g
- Full cream milk 1 litre
- Extra Large Eggs 6

Groceries

- Oats - large flakes (120g)
- Sliced toaster bread 1
- Pecan nuts 100g

Ina Paarman's products

Seasoning & Spices

- Green Onion Seasoning
- Garlic Pepper Seasoning
- Vegetable Spice
- Chilli & Garlic Seasoning

Stocks

- Liquid Beef Stock 2 x 25g

Sauce Powders

- White Sauce Powder

Sauces

- Ready to Serve Cheese Sauce

Chutney

- Sweet Chilli Chutney 1

Cakes

- Muffin Mix with Raisins and Bran