

28-Day menu planner

* List only ingredients that would not normally be on your grocery list.

Week 1

Week 2

Week 3

Week 4

Creamy Cheesy Tuna grill *Buy: Pasta, cream of mushroom soup, mushrooms, onion, tuna, cheddar. Monday	Spaghetti Bolognese Buy: tinned tomato and onion, mince, small box red wine. Monday	Meatloaf Buy : mince, cheese, breadcrumbs Monday	Savoury Potato Pie Buy: Potatoes, eggs, bacon, cheese Monday
Mayonnaise chicken *Buy: Chicken pieces Tuesday	Home made Butternut soup Buy: Butternut, Cream Tuesday	Tuna Pasta Buy: Pasta shells, mayonnaise, tuna Tuesday	Vetkoek with Savoury mince Buy: mince, cake flour, baking powder, egg Tuesday
Cheese omelette *Buy: Creamed Corn Wednesday	Egg, Bacon and Chips Buy: half a packet of Bacon Wednesday	Crumbed Fish and baked potatoes Buy: Crumbed Fish Wednesday	Mom's Fish finger dish Buy: cheese, fish fingers, lemon juice. Wednesday
Macaroni and cheese Buy: Macaroni, tomato, half a packet of Bacon Thursday	Stew – Short ribs with beans and barley. Buy: dried white beans, short ribs, pearl barley, potatoes Thursday	Stew – Pork Buy: Stewing Pork meat, sweet potatoes, mixed veg, lentils, potatoes Thursday	Claire's Chicken Buy: 4 chicken breasts, creamed corn, cheese Thursday
Cottage Pie Buy: mince, lentils, beef and Veg soup powder, chutney, mixed veg Friday	Left over stew from last night. Friday	Left over stew from last night. Friday	French toast with savoury mince. Buy: egg and mince Friday
Snackwiches Buy: 2 chicken breasts, cheese Saturday	Burger and chips Buy: mince, rolls Saturday	Cheese omelette Buy: Creamed Corn Saturday	Snackwiches Buy: 2 chicken breasts, cheese Saturday
Rolls and ham Buy: Rolls and ham Sunday	Rolls and ham Buy: Rolls and ham Sunday	Rolls and ham Buy: Rolls and ham Sunday	Rolls and ham Buy: Rolls and ham Sunday