



Shopping list

Menu of the Month - February 2019

Meat/Fish

- Rotisserie Chicken, shop bought

Vegetables/Fruit

- Medium size very ripe tomatoes, 3
- Chives, 1 bunch
- Avocado ripe, 1
- Lemon, 1
- Salad leaves, 1 pack (mixed leaves)
- Red onion, 1
- Small round seedless watermelon, 1

Store cupboard

- Black pepper
- Ground cinnamon
- Ground cardamom
- Ground cloves

Groceries

- Ciabatta, 1 loaf
- Black olives, 1/4 cup

Ina Paarman's products

Bake Mixes

- Chocolate Chip Cookie Mix

Salad Dressings

- Creamy Honey Mustard

Antipasti

- Char-grilled Peppers, 1 pkt

Pestos

- Sun-dried Tomato

Spices & Seasonings

- Garlic & Herb
- Green Onion
- Cajun Spice
- Vegetable Spice

Dairy

- Extra large eggs, 5
- Feta cheese, 1 – 2 wheels
- Butter, 125 g