



# SHOPPING LIST

MENU 129 - 14<sup>TH</sup> DECEMBER 2020

LEFTOVER ROAST CHICKEN PIZZA | HAM AND SWEETCORN FRITTERS | LAYERED SALMON SALAD

## FRESH PRODUCE

- Mediterranean or baby rocket (120g / 4.2oz)
- Fresh chives (1 large handful)
- Fresh coriander (1 handful) *optional*
- Lemon (1)
- Mango (1)
- Pomegranate arils (1/2 cup, approximately) *optional*
- Asparagus<sup>1</sup> (1 bunch / 250g / 8.8oz)
- Avocado (1 large)
- Telegraph cucumber (1 small)
- Red capsicum (1)
- Red onion (1)

## MEAT / FISH

- Cooked roast chicken or turkey with stuffing<sup>GF</sup> (400g / 14oz)
- Thick sliced ham, or whole piece<sup>GF</sup> (300g / 10.6oz)
- Hot smoked salmon or cooked salmon<sup>2, GF</sup> (200g / 7oz)
- Cooked, shelled prawns<sup>2</sup> (250g / 8.8oz)

## CHILLED / FROZEN

- Unsweetened Greek yogurt (365ml / 12.3 fl.oz)
- Shredded mozzarella (150g / 5.3oz)

- Tasty cheddar cheese (100g / 3.5oz)
- Pizza bases<sup>GF</sup> (2 large)
- Frozen roast potatoes<sup>GF</sup> (or use leftover roast potatoes) (300g / 10.6oz)

## GENERAL GROCERY

- Small dried pasta, i.e. small spirals<sup>3</sup> (250g / 8.8oz)
- Cornmeal flour<sup>4</sup> (120g / 4.2oz)
- Pizza paste<sup>GF</sup> (100g / 3.5oz)
- Jellied cranberry sauce (80g / 2.8oz)
- Roast chicken gravy mix<sup>GF</sup> (1 sachet / 24g / 0.8oz)
- Whole corn kernels (400g can / 14oz)

## PANTRY STAPLES

- \* Eggs (2)
- \* Milk (150ml / 5.1 fl.oz)
- \* Butter (2 tsp)
- \* Rice bran oil (2 Tbsp)
- \* Mayonnaise<sup>GF</sup> (60ml / 2 fl.oz)
- \* Wholegrain mustard (2 tsp)
- \* Baking powder<sup>GF</sup> (1 tsp)
- \* Chicken stock powder<sup>GF</sup> (1 tsp)
- \* Dried dill (3/4 tsp)
- \* Salt and pepper

## NOTES

<sup>1</sup> Can be swapped for 60g / 2.1oz Mediterranean or baby rocket.

<sup>2</sup> If you don't like seafood, use smoked chicken and bacon instead.

<sup>3</sup> Can be swapped for new potatoes (approximately 600g / 1lb 5oz).

<sup>4</sup> Use white or brown rice flour instead if you prefer.

<sup>GF</sup> **Gluten-free swaps:** Use gluten-free stuffing or omit. Ensure ham and salmon are gluten-free. Use gluten-free pizza bases. Make sure frozen potatoes are gluten-free. Choose gluten-free pasta, pizza paste, gravy mix, mayonnaise, baking powder and stock powder.