

Vegetables		Pantry		Dairy and Eggs	
5 onions		400g fettuccine pasta		1 1/2 cups cottage cheese	
11 cloves garlic		425g tinned tuna in brine		250ml thickened cream	
1 leek		1200g bottle pasta sauce		3 cups grated cheese	
4 cups baby spinach leaves		Salt and pepper		40g butter	
2 tsp grated ginger		breadcrumbs		1 cup cream	
4kg Jap or Kent pumpkin, peeled and chopped into large chunks		1 tsp mustard powder		6 eggs	
3 cups diced/grated vegetables: (carrot, capsicum, celery, beans, snow peas, cabbage, cauliflower, and broccoli)		2 tbspn apricot jam		250g cream cheese	
<b>Meat</b>		1 tbspn fruit chutney		3/4 cup sour cream	
1kg chicken breast fillets		1/2 cup mayonnaise		<b>Freezer</b>	
3kg lean beef mince		45g pkt chicken noodle soup		8 sheets puff pastry	
100g ham		2 tsp green curry paste		1 cup frozen mixed vegetables	
1kg chicken thigh fillets		curry powder			
150g bacon pieces		1 cup white rice (uncooked)			
chicken skewers		cornflour			
		3/4 cup beef stock			
		tomato sauce			
		Worcestershire sauce			
		Oil			
		3 x 400g tins crushed tomatoes			
		sugar			
		1/2 cup tomato paste			
		1/2 cup Korma paste			
		7 cups chicken stock			
		1 1/2 Tbspn soy sauce			
		1 1/2 Tbspn sweet chili sauce			
		5 Tbspn crunchy peanut butter			
		dried oregano			
		dried parsley			