



Traditional Shopping List

1lb Stewing beef
1lb lean minced beef
4 chicken breasts on the bone
1 medium (3-4lbs) sized chicken for roasting
4 pork chops
4 salmon cutlets
1 box of eggs
1 Spanish onion
4 large carrots
1 bunch of celery
2 medium onions
1 bulb of garlic
1 pack green/French beans – fresh or frozen
Pack of frozen peas
Bag of potatoes
1 lemon
2 parsnips
Baby potatoes
Broccoli
1 small turnip
Pack of fresh parsley
Pack of fresh thyme
Box of bay leaves
Beef stock cubes
Plain flour
Olive oil
Salt
Pepper
Mixed herbs
Chicken stock cubes
Butter
Brown rice
1 jar apple sauce