



28TH JANUARY - 3RD FEBRUARY

Thursday 28th January Black Bean Burrito

Friday 29th January Liam's Pan-Fried Mackerel with Apple Salad

Saturday 30th January Pork Cacciatore

Sunday 31st January Irish Beef Stew

Monday 1st February Butternut Mac 'n' Cheese

Tuesday 2nd February Chicken & Chorizo Pasta

Wednesday 3rd February Sweet Potato Hash with Eggs

**PROUDLY SUPPORTING  
OPERATION TRANSFORMATION 2021**

**FRUIT & VEGETABLES**

- Apple (1)
- Baby new potatoes (400g)
- Baby spinach leaves (20g)
- Bay leaf (1)
- Butternut squash (1)
- Carrots (3)
- Celery (4)
- Courgette (1)
- Cucumber (¼)
- Garlic (2 cloves)
- Green pepper (1)
- Fresh basil (5g)
- Fresh chives (5g)
- Fresh coriander (5g)
- Fresh flat-leaf parsley (10g)
- Fresh thyme (3g)
- Lemon (1 small)
- Lime (½)
- Mixed salad leaves (50g)
- Mushrooms (chestnut or ordinary - 200g)
- Onions (2 small + 1 regular)
- Red onions (1 ½ small)
- Red pepper (½)
- Sugar snap peas (50g)
- Sweet potato (1 small)
- Tenderstem broccoli (240g)
- Tomato (1)
- Yellow pepper (1)

**FRESH PRODUCE**

- Bacon medallion (30g)
- Butter (15g)
- Cheddar cheese (60g)
- Cheddar & Mozzarella grated cheese mix (25g)

- Chicken fillets (skinless - 2)
- Chorizo (raw - 30g)
- Eggs (2)
- Low fat milk (1.5% fat - 270g)
- Mackerel fillets (boneless - 180g)
- Natural yoghurt (30g)
- Pork loin chops (2)
- Salsa (30g)
- Stewing steak pieces (225g)
- Tiger or king prawns (fresh or frozen, raw & peeled - 70g - 6)

**DRIED GOODS**

- Beef stock cube (low sodium - 1)
- Black beans (400g tin)
- Chilli powder (2.5g)
- Chopped tomatoes (2 x 400g tin + 200g tin)
- Cider vinegar (5g)
- Cornflour (5g)
- Dijon mustard (5g)
- Dried chilli flakes (2.5g)
- English mustard (5g)
- Freshly ground black pepper
- Honey (5g)
- Kidney beans (45g tinned)
- Macaroni pasta (100g)
- Plain flour (35g)
- Rapeseed oil (80g)
- Salt (optional)
- Smoked paprika (2.5g)
- Sun-dried tomatoes (60g drained)
- Wholemeal wraps (2)
- Wholewheat penne pasta (80g)
- Wholewheat spaghetti (80g)
- Worcestershire sauce (15g)

**FOR RECIPES AND SHOPPING LISTS VISIT MACE.IE**