

Day	Meal	Type	Equipment	Batch	Ingredient	Quant	Total	Unit	Comments
Any	Snacks				3 Crisps (share bags)	1		3 Large bags	
					1 Box Biscuits	1		1 Box	
					3 Salad Bags	1		3 bags	
					1 Garlic Bread	6		6 batons	Bring your own spirits:
					6 Beer (Ale)	4		24 bottles	Cocktail stuff
Friday	Dinner	Beef Lasagne Vegeterian Lasagne	N/A		6 Beer (Larger) Budwiser	8		48 bottles	Prosecco
					2 Lemonade	1		2 2L bottles	Red Wine to bring if poss
					2 Diet Coke	1		2 2L bottles	White wine to bring if poss
					1 Orange Squash	1		1 1L bottle	
					0 Plain flour	135		0 g	
					3 Gluton free buckwheat plain flour	135		405 g	
					3 Baking Powder	1		3 tsp	
					3 Salt	0.5		1.5 tsp	
					3 Caster Sugar	2		6 tbsp	
					3 Milk	130		390 ml	
					3 Large Egg	1		3 units	
			Large Mixing Bowl		3 Melted Butter	2		6 tbsp	
			Smaller bowl		1 Butter	1		1 tub	
			Whisk		1 Blueberries	1		1 tub	
			Measuring Jugg		12 Streaky Bacon	3		36 rashers	
Saturday	Breakfast	Fluffy American Pancakes Serves 4 - 6	Sieve Ladle 2 or 3 Large Frying Pans		4 Orange Juice	1		4 Cartoons	
					4 Apple Juice	1		4 Cartoons	
					12 Bananas	1		12 units	
					4 Apples	1		4 units	
					2 Special K	1		2 Box	
					2 Milk	4		8 Pints	
					1 Grinola	1		1 Box	
					12 Coffee (Dulce Gusto)	1		12 Capsules	
					1 Instant Coffee	1		1 Tin	
					1 Yorkshire Tea Bags	1		1 Box	
					3 Mapple Syrup	1		3 Bottles	
					1 Bread White	1		1 Loaf	
					1 Bread Multi grain	1		1 Loaf	
					1 Gluten free loaf	1		1 Loaf	
					2 Fruit youghurt	4		8 units	
Saturday	Lunch	Sandwich Shop/ Local Baker & beer or hot drink either in pub or in Church Stretton after dog walk							
Saturday	Dinner		Measuring cups 2 Large bowls small bowls Rolling pin Measuring rule Bamboo steamer rotating platter		2 Plain flour	4		8 cups	
					2 Middle size eggs	3		6 units	
					2 Salt	1		2 tsp	
					2 Cornstarch	1		2 dusting	
					1 Cling film				
					2 Ground Pork	0.75		1.5 pounds	
					2 minced fresh ginger root	1		2 tbsp	
					2 Garlic, minced	4		8 cloves	
					2 thinly sliced sping onions	2		4 tbsp	
					2 Soy sauce	4		8 tbsp	
					1 Sesame oil	1		1 small bottle	
					2 egg	1		2 unit	
					2 shredded chinese cabbage	5		10 cups	
					2 hoisin sauce	1		2 bottle	
					1 toasted sesame seeds	1		1 packet	
					1 hot chinese style mustard	1		1 packet	
			Cheese grater		2 small piece ginger	1		2 unit	
					2 Garlic cloves	2		4 clove	
					2 Lime	1		2 unit	
					2 Honey	1		2 tsp	
					2 Soy sauce	1		2 tbsp	
					2 mild curry powder	1		2 tbsp	
					2 smooth peanut butter	3		6 tbsp	
					2 skinless chiken breast filets	500		1000 g	
					2 coconut milk	165		330 ml	
					2 Vegetable oil	1		2 tsp	
					1 sandwich bag	1		1 box	
					2 skewers	1		2 pack	
					2 New potatoes	225		450 g	Red LED candles
					2 Green beans	100		200 g	Chinese Lantens
					2 Vegetable oil	1		2 tbsp	
					2 garlic	1		2 clove	
					2 Thai green curry paste	1		2 packets	
					2 Coconut Milk	400		800 ml	
					2 Thai fish sauce	2		4 tsp	
					2 Caster Sugar	1		2 tsp	
					2 skinless chicken thighs	450		900 g	
					2 kaffir lime leaves	2		4 leaves	
					2 lime zest	3		6 strips	
					2 basil leaves	1		2 handful	
					2 Gluten free boil in a bag rice	1		2 box	
					2 Rice Noodles	125		250 g	
					2 Limes	3		6 units	
					2 Cayenne Pepper	0.5		1 tbsp	
					2 Light muscovado sugar	2		4 tbsp	
					2 Fish sauce (nam pla)	2		4 tbsp	
					2 Vegetable oil	2		4 tbsp	
					2 cooked Tiger prawns, tails left on	200		400 g	
					2 Spring onion	4		8 units	
					2 beansprouts	140		280 g	
					2 Salted peanut	25		50 g	
					2 Coriander leaves	1		2 handful	
					2 Sweet chili sauce	1		2 small bottle	
			pudding tins		2 Medjool dates	225		450 g	Geoff to bring pudding tins
			2 Large oven proof serving dishes		2 Vanilla extract	1		2 tsp	
			baking tray		2 Gluten free self raising flour	175		350 g	
					2 Bicarbonate of soda	1		2 tsp	

Desert - Ultimate sticky toffee pudding
serves 7 small puddings

2 Eggs	2	4 units
2 Butter	85	170 g
2 Demerara sugar	140	280 g
2 Black treacle	2	4 tbsp
2 Milk	100	200 ml
2 Vanilla Ice cream	1	2 tub
2 Light muscovado sugar	175	350 g
2 Butter	50	100 g
2 Double cream	225	450 ml
2 Black treacle	1	2 tbsp
1 Tin Foil	1	1 Box

Sunday Breakfast Left overs from Saturday Breakfast

Sunday Lunch Pub (Booked)

I have booked "The Ragleth Inn" in Little Stretton for lunch Sunday. You can check out the menu here:
<http://www.theraglethinn.co.uk/contact.php>

The table is booked for 13people for 12:30-1:00pm. Its a 2mile walk so will take 30mins to walk but looks a nice pub.