

goodtoknow
Recipes

Week 1
Monday



Cheese and tomato bake

Tuesday



Smoked pork sausage frittata

Wednesday



Chicken and bacon risotto

Thursday



Hearty macaroni cheese

Friday



Cod nuggets with sweet potato wedges

Saturday



Tuna and potato layer

Sunday



Cheat's chicken puff pies

Week 2
Monday



Spicy pork chops

Tuesday



Eggs Flamenco

Wednesday



Quick fish pie

Thursday



Fusilli with egg and broccoli

Friday



Chicken Madras curry

Saturday



Goat's cheese and spinach pizza

Sunday



Cheap chicken roast