

**Saturday:** Lasagna and potato wedges                      prep time: 30mins                      Cooking time: 1 hr

**Items:** 1 ice-cream container and 1 yoghurt container of white sauce  
2 ice-cream containers of meat mixture  
1 yoghurt container of bean mixture (vegetarian option)  
1 supermarket bag of potato wedges, pre-seasoned and cooked  
3 boxes of bought, ready to use lasagna pasta sheets  
½ a block of Edam cheese (you need to grate this)

**To cook:** If oven baking dishes are very large, make one big meat, and one small vegetarian lasagna. If the pans are NOT massive, make 2 meat, and one vegetarian. Place lasagna pasta sheets side by side (no overlapping) in the bottom of the baking dishes. Place a layer of meat (or bean for vegetarian) mixture over this (make this layer quite thin) then a layer of white sauce. Repeat placing pasta sheets on top of the white sauce, then savory mixture, then white sauce etc. Aim for 3 sets of savory mixture, but 2 is fine. Top with pasta sheets (on top of the last layer of white sauce), then the rest of the white sauce, and sprinkle a generous layer of grated cheese over the lasagna. Bake in the oven (180°) for 50 minutes to an hour. (Tip: every time you open the oven during the cooking phase, you add another 15mins on to the cooking time! If you want it to cook in time, DON'T OPEN THE OVEN!)  
The potato wedges are already cooked, so spread them on trays and place in the oven after lasagna has been in for 40mins. Give the whole thing another 20 minutes, and then it is ready to serve.

DEFROST BEEF SKEWERS BY TAKING THEM OUT OF THE FREEZER FIRST THING SUNDAY MORNING!

**Sunday:** Beef skewers with satay sauce and veggie stir fry                      cooking time: 1 hr

**Items:** 1 bag of beef skewers already seasoned and in a marinade  
1 container of pre-prepared satay sauce  
2 packs of frozen Watties Chinese wok stir-fry vegetables  
5 glass mugs (roughly 1 metric cup) of rice

**To cook:** Put rice on to boil. Remember, 2cm of water above the level of the rice is a good ratio. Fry the vegetables till cooked. Heat the satay sauce in a pot. Stir every minute so it does not catch and burn on the bottom. Keep the heat low once the mixture is beginning to reach a hot temperature. 1 person cook the beef under a grill (you must watch it as it cooks fast like this) or on a BBQ. Serve when everything is hot/cooked. Tip: Try to time the meat and the veggie cooking so they finish together. I.e. Start them at the same time; you don't want to overcook the veggies!

**Monday:** Roast beef and pork with roast and boiled veggies                      Cooking time: up to 2 hrs

**Items:** 1 lump of beef and one leg of pork  
1 half of the pumpkin  
2 purple kumara  
1 orange kumara  
4 onions  
24 medium potatoes + oil

1/2 pack mixed herbs  
3 broccolis  
2kg frozen peas  
3 brown gravy sachets  
Apple sauce

**To cook:** Place meat in a tray and place in oven (180) and add 3 cups of water to the bottom of the tray so it doesn't dry out. Chop the root vegetables and pumpkin into largish chunks to roast in the oven (cut large potatoes into half). Toss with a few spoonfuls of oil and half a box of mixed herbs. Place on oven trays. (Salt to taste if you want). Roast all this in the oven. Check after 1 hr. Meat is done when juice runs clear. If roast vet is done before the meat, remove it from the oven! When meat is nearing completion, boil broccoli and peas. Follow instructions on the gravy sachets, and add any meat juices in the pan to the gravy in place of water (as stated on the packet).

**Tuesday:** Curry cauliflower and chickpea with naan and rice          Prep+Cooking time: 1 hr

**Items:** 2 cauliflowers  
3 cans chickpeas  
6 onions  
1L unsweetened yoghurt  
3 jars pataks Tika massala curry paste  
4 cups of rice  
2 foil wrapped packets of Naan bread

**To cook:** Put rice on to cook. Slice onions. Cut cauliflower into flowerets. Fry onions till translucent. Add cauliflower, chickpeas and curry paste. Add some yoghurt, about 1 cup. (The rest of the yoghurt gets added at the end; otherwise it curdles in the heat.) Cook till tender. Add more yoghurt and stir through. You can put a bowl of yoghurt out if people want extra to dip their naan in! Place Naan wrapped in foil in the oven (180) for about 15 minutes. Open and test if it is hot! (Once the vegetables have gone into the curry, put the naan in the oven! Don't stack the packages – they have been packed 4-5 to a package for quicker heating time!)

TAKE OUT PORK TO DEFROST FOR NEXT MEAL FIRST THING WEDNESDAY MORNING!

**Wednesday:** Sweet and sour pork and veggie stir fry          Prep+Cooking time: 1hr

**Items:** 2 bags of diced pork (DEFROST IN THE MORNING!)  
2 containers of pre-prepared sweet and sour sauce  
3 green peppers  
4Kg of frozen Chinese wok stir-fry veggies  
4cm of root ginger  
5 cups of rice

**To cook:** Put rice on to cook. Brown pork in a large pot. Add most of the sweet and sour sauce (Keeping some in reserve for the vegetarians) and cook till tender, then add green peppers cut into chunks. Cook

another 1min and serve. Fry veggies (start with frying ginger cut into small slivers or sticks, or diced finely). Heat the remaining sweet sour sauce and add some diced green peppers for vegetarians to put over their veggies.

TAKE OUT CHICKENS WEDNESDAY EVENING TO DEFROST OVERNIGHT!

**Thursday:**      Roast chicken with roast and boiled veggies      Prep time 30mins      Cooking time 2 hrs

Items: 2 large chickens (Take out of freezer the evening BEFORE to defrost)

1 half pumpkin

2 purple kumara, 1 orange kumara

8 carrots sliced in half and chopped into rough chunks

15 medium potatoes + oil

1/2 pack mixed herbs

3 broccolis

2kg frozen peas

2 brown gravy sachets

**To cook:** Place chickens in a tray and place in oven (180) with 3 cups of water in the bottom of the tray so it doesn't dry out. Chop the root vegetables and pumpkin into largish chunks to roast in the oven (cut large potatoes into half). Toss with a few spoonfuls of oil and half a box of mixed herbs. Place on oven trays. (Salt to taste if you want). Roast all this in the oven. Check after 1 hr. Meat is done when juice runs clear. Cooking time for chickens is on the back of the bags. If roast veg is done before the meat, remove it from the oven! You can return it to the oven just before meat is done, when you cook the green veggies. When meat is nearing completion, boil broccoli and peas. Follow instructions on the gravy sachets, and add any meat juices in the pan to the gravy in place of water (as stated on the packet).

Enjoy!