

Ingredient list for the menuplan on the last page

bread (gram)	17550
butter/margarine (gram)	3050
tuna (#)	4
anchovis (gram)	525
olives (gram)	450
feta (gram)	1400
cereals (gram)	7200
milk(l)	30.8
yogurt (l)	12
fruit (#)	105
meat (g)	1200
cheese for bread (g)	1775
marmelade (g)	2100
peanutbutter (g)	1550
ready to go risotto/paella/... (#)	4
white beans/baked beans (gram)	1600
sauerkraut (gram)	1000
jarred red beets	500
cucumber (#)	1
cous cous (gram)	1300
potatoes (gram)	3600
lemon (#)	4
tinned crab/shrimps	200
green peas (g)	855
carrot (gram)	2405
broccoli (gram)	655
egg (#)	85
dried yeast (#)	3
wiener/bockwurst/frankfurter (gram)	450
cabanossi/rookworst (#)	1000
avocado (#)	2
jarred/tinned mushrooms (gram)	455
porree (#)	2
flour (gram)	1200
salami/chorizo (gram)	555
bacon (gram)	1750
bell pepper (#)	234
onion (#)	38
rucola (gram)	200
green beans/haricots verts (gram)	1500
ravioli (gram)	600
champignons (fresh/gram)	550
brown beans (gram)	3000
tomato pure (gram)	650
cream (ml)	600
capern (gram)	50
tomato (#)	31

Continuation ingredients list

tomato/chicken/gazpacho soup (ml)	600
smoked fish (gram)	150
serrano/bressaola/parma (gram)	675
parmesan (gram)	700
balsamico (ml)	200
chicken filet (gram)	250
condensed creamy soup (ml)	600
grind cheese (gram)	500
dried tomatoes (gram)	500
dried apricots/fruits (gram)	300
maccharoni/fusili/penne (gram)	1000
dried tortellini (gram)	1000
beef cube (#)	14
tinned ham (gram)	1500
pesto (gram)	150
courgette (#)	3
tinned/jarred pineapple/peach (gram)	250
sultana (gram)	100
fresh pasta (gram)	700
olive oil (ml)	400
cashew nuts unsalted (gram)	100
garlic (clove)	17
rice (gram)	1600
soy sauce (ml)	100
tabasco (bottle)	3
worcestershire sauce (bottle)	3
chili pepper (#)	10
comed beef (gram)	800
ginger (gram)	100
pork (gram)	300
sunflower oil (ml)	150
peanuts (gram)	200
lemon juice (ml)	20

Snacks, coffee, tea, drinks etc.; still to define

coffee	1
tea	1
sugar	1
coriander	1
salt	1
maggiorano	1
basil	1
curcuma	1
nuts	1
dried fruits	1
potato chips	1
cinnamon	1
tortilla chips	1
chocolate	1
cookies	1
pickles/sweet sour	1
starch	1
mustard	1
white vinegar	1
bayleaf	1
grind muscat	1
orange juice (liter)	8
apple juice (liter)	8
sparkling mineral water (liter)	8
still mineral water (liter)	8
other fruit juices (liter)	8
beer (crate of 24x0.33l)	3

1 breakfast

lunch

fried eggs
rucola salad

diner

courgette
fresh pasta

2 breakfast

lunch

tomato salad
feta olives
anchovis

diner

asparagos
mashed potatoes

3 breakfast

lunch

simple pasta
with tomatoes

diner

nasi goreng
green bean salad

4 breakfast

lunch

bread w. smoked fish
smoked meat
herb-cheese/butter

diner

chili con carne

5 breakfast

lunch

ready to go risotto
or paella/....
boiled eggs/bacon/ham

diner

rice with broccoli
cashew

6 breakfast

lunch

pancakes sweet or
savoury

diner

white beans with meat
tomatoes and potatoes

7 breakfast

lunch

spanish omelette

diner

tortellini

8 breakfast

lunch

soup w. bread

diner

sauerkraut w.
mustardsauce

9 breakfast

lunch

bread w. fried eggs

diner

avocado w. couscous
shrimps/crab

10 breakfast

lunch

breadpizza

diner

potatoes w.
carrots and onions

11 breakfast

lunch

tomato salad
feta olives
anchovis

diner

risotto

12 breakfast

lunch

simple pasta

diner

couscous

13 breakfast

lunch

pancakes sweet or
savoury

diner

tuna/bean salad
w. spanish omelette

14 breakfast

lunch

ready to go risotto

diner

mashed potatoes
w. either red beets
and onions
or sauerkraut

15 breakfast

lunch

pasta al pesto

diner

asparagos
mashed potatoes

16 breakfast

lunch

wentelteefjes

diner

creamy pasta

17 breakfast

lunch

breadpizza

diner

potatoes w.
carrots and onions

18 breakfast

lunch

tuna/bean salad
w. spanish omelette

diner

nasi goreng
green bean salad

19 breakfast

lunch

ready to go risotto

diner

chili con carne

20 breakfast

lunch

ravioli w. bread

diner

couscous

21 breakfast

lunch

pancakes sweet or
savoury

diner

tortellini

22 breakfast

lunch

wentelteefjes

diner

creamy pasta

23 breakfast

lunch

breadpizza

diner

asparagos
mashed potatoes

24 breakfast

lunch

ready to go risotto

diner

couscous