

SAVOURY MINGE

Serves 1

INGREDIENTS

- 1 onion
- 1 carrot
- ½ bunch celery
- 250g minced meat
- ¼ cup water

METHOD

1. Chop onion, carrot and celery
2. Heat saucepan, add a little water and when hot add meat and cook until brown
3. Add onion to meat and stir
4. Add ¼ cup of water, vegetables and tomatoes to saucepan
5. Bring to the boil, then simmer for 30 minutes
6. Service with rice, pasta or on toast

HINTS

Add garlic and herbs for extra flavour!

HANDY HINTS

If you don't have a fridge then only buy the foods that need to be refrigerated on the day that you need them e.g. minced meat, chicken or fish.

If you don't have access to a kitchen all the time, save up and buy a toasted sandwich maker that you can keep in your room.

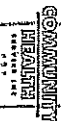


INNER SOUTH COMMUNITY HEALTH SERVICE
AND
NORTH YARRA COMMUNITY HEALTH

DIETITIANS ARE LOCATED AT:

ISCHS, SouthPort Site
341 Coventry St, South Melbourne 3205
Tel: 9690 9144
P.O. Box 103, South Melbourne 3205

NYCH, Fitzroy Site
75 Brunswick St, Fitzroy 3065
Tel: 9411 3555

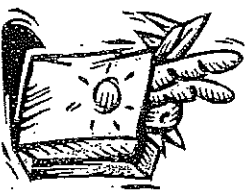


INNER SOUTH COMMUNITY HEALTH
SERVICE
AND
NORTH YARRA COMMUNITY HEALTH

FOOD FOR

\$70

for the week!



SHOPPING LIST

- | | |
|------------------------------------|------------------|
| 250g tomatoes | 1 green capsicum |
| 2 kg potatoes | 15 mushrooms |
| 500g carrots | 750g onions |
| 1 bunch celery | 1 bag oranges |
| Small broccoli | 1kg bananas |
| Margarine (500g) | |
| 2 litres milk or 1pkte milk powder | |
| 250g cheese | |
| 1 can creamed corn (400g) | |
| 2 cans of tomatoes (400g) | |
| 1 can of baked beans (680g) | |
| 2 loaves of bread | |
| 1 packet of rice noodles | |
| 1 packet of rice (1kg) | |
| 1 packet fettucine (500g) | |
| 1kg of Vitabrits or Weetbix | |
| 1 packet of Salada Biscuits | |
| Self raising flour (2kg) | |
| 1 dozen eggs | sugar |
| 1 small packet bacon | vinegar |
| 250g minced meat | soy sauce |
| 500g chicken thighs | tomato sauce |
| Basil | teal coffee |

TOTAL ABOUT \$70

MEAL IDEAS FROM YOUR SHOPPING LIST

BREAKFAST IDEAS

- Vitabrits or Weetbix with milk
- Toasted egg sandwich
- Toast - Fruit

LUNCH IDEAS

- Sandwiches with: cheese and tomato, grated carrot and cheese egg
- Baked Beans

EVENING MEAL IDEAS

- Chicken casserole
- Chilli Pork
- Vegetable Fettucine
- Fried Rice
- Noodles
- Savoury Mince
- Hot Potatoes

DESSERT SNACK IDEAS

- Stewed apples
- Fruit
- Scones
- Pikelets



FRIED RICE

Serves 1 - 2

INGREDIENTS

- 1/2 cup rice
- 1 onion
- 1/2 cup lean bacon pieces (optional)
- 1 can (400g) of mixed vegetables or 375g Pack of frozen vegetables (thawed) of 1 1/2 Cups fresh vegetables
- Margarine or oil

METHOD

1. Fill saucepan with water and bring to boil
2. Add rice and cook for 10 minutes
3. Drain rice and put in bowl
4. Chop onion and bacon and vegetables if fresh
5. Heat small amount of oil or margarine in saucepan and cook onion and bacon for a few minutes
6. Add vegetables and cook for a further few minutes
7. Add rice and warm through and serve