





# Domestics course 3 – more tried, tasty and trusty

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Basic Kitchen and Personal Hygiene</p> <p>Meatballs with mild curry banana sauce Beetroot with honey and apple No Bake Granola Bars</p> 	<p>Economy in the kitchen</p> <p>Pork chops in creamy sage sauce Vegetable medley stir fry Chocolate Cake - best</p> 	<p>Using kitchen equipment</p> <p>Lamb curry with chickpeas. Sweet potato salad Banana loaf</p> 	<p>Healthy eating</p> <p>Chicken and butternut lasagne Bean salad with cumin and coriander dressing Ginger biscuits</p> 	<p>Safety in the kitchen</p> <p>Easy spinach cream soup Oven baked fish and chips Melanzane Parmigiana (Italian Brinjal Dish)</p> 	<p>Meal planning</p> <p>Tuna and potato bake Baby Marrow and Feta salad Easy Apricot Cheesecake</p> 