

Domestics course 4 - Something reliable, something exciting!

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Basic Kitchen and Personal Hygiene</p> <p>Breakfast 3 ways</p> <ol style="list-style-type: none"> 1. Traditional Bacon and eggs breakfast 2. Breakfast bran muffins with fruit salad 3. French toast 	<p>Economy in the kitchen</p> <p>Bacon quiche (healthy!)</p> <p>Squash, Carrot and Ginger Soup</p> <p>Red Velvet Cupcakes with Chocolate filling</p>	<p>Equipment use</p> <p>Roast Pork with Sage and Pecan Pesto</p> <p>Cauliflower mash</p> <p>Fruit Squares</p> <p>Homemade ice tea</p>	<p>Healthy eating</p> <p>Citrus Roast Chicken Pieces</p> <p>Gems with sage and parmesan</p> <p>Easy Chocolate Mousse</p>	<p>Safety in the kitchen</p> <p>Best Italian Meatballs and Spaghetti</p> <p>Fresh Mushroom Salad</p> <p>Panna Cotta with ginger and cinnamon</p>	<p>Meal planning and shopping list</p> <p>Mustard Pot Roast with Seasonal Vegetables</p> <p>Cheesy Mealie Bread</p> <p>Lemon Poppy Seed Cake</p>
					