

Lunch Saturday

Bread

- Tip Top Gluten Free White Sandwich Slice Bread Loaf 550g
- Essentials White Sandwich Bread 650g
- Woolworths Wholemeal Sandwich Hi-fibre Bread 700g

Fillings

- Iceberg Lettuce Each
- Bega Tasty Cheese Slices 500g
- Essentials Table Spread Soft And Spreadable 500g
- Edgell Sliced Beetroot Sliced 825g
- Primo Champagne Ham Thinly Sliced 100g
- The Odd Bunch Crazy Carrots 5kg
- Select Gourmet Tomatoes 480g Punnet
- Select Continental Cucumbers Each

Dinner Saturday

Soup

- Celery Fresh Bunch
- Spring Onion Eschallot Bunch
- Woolworths Thyme Fresh Herb 10g Punnet
- Massel Plant Based Chicken Style Liquid Stock Salt Reduced 1l
- Woolworths The Odd Bunch Garlic Cloves 90g
- Woolworths Sour Cream 300ml
- The Odd Bunch Crazy Carrots 5kg

Snags

- Vegie Delights Plant Based Vegie Sausages 300g
- Woolworths Market Value Thin Sausage 1.8kg

Potato Bake

- Woolworths Onion Brown Bag 1kg
- Woolworths Brushed Potatoes 4kg
- Woolworths Full Cream Milk 3l

Breakfast Sunday

Cereal Options

- Woolworths Rolled Traditional Oats 750g
- Kellogg's Coco Pops Chocolatey Breakfast Cereal 650g
- Uncle Tobys Oat Flakes Breakfast Cereal Flakes 640g
- Woolworths Crunchy Honey Poppas 650g
- Woolworths Full Cream Milk 3l
- Pauls Zymil Lactose Free Full Cream Milk 1l (*Lactose Option*)

Pancakes

- Essentials Plain Flour 2kg
- Woolworths Maple Flavoured Syrup 375g
- Sunny Queen 18 Large Free Range Eggs 900g

Lunch Sunday

Bread

- Tip Top Gluten Free White Sandwich Slice Bread Loaf 550g (Gluten Free Option)
- Essentials White Sandwich Bread 650g
- Woolworths Wholemeal Sandwich Hi-fibre Bread 700g

Snags

- Vegie Delights Plant Based Vegie Sausages 300g
- Woolworths Market Value Thin Sausage 1.8kg (Vegetarian Option)

Dinner Sunday

Onion Soup

- Woolworths Onion Brown Bag 1kg

Spag Bowl

- Essentials Pasta Spaghetti 500g
- Woolworths Beef Mince 1kg
- The Odd Bunch Crazy Carrots 5kg
- Val Verde Passata Sauce 700g

INGREDIENTS

- 3 pounds yellow onions, peeled, sliced, and cut into quarter-moons
- 2 tablespoons unsalted butter, melted
- 2 tablespoons olive oil
- 2 teaspoons kosher salt, plus more as needed
- Freshly ground black pepper
- 10 cups reduced-sodium beef broth

- 2 tablespoons balsamic vinegar

To Serve

- 4 to 6 toasted baguette slices per bowl
- 1/3 cup grated Gruyère cheese per bowl (1 1/3 to 2 cups total)
- Chopped shallot or fresh onion (optional)

GET INGREDIENTS [Powered by Chicory](#)

EQUIPMENT

- Cutting board and chef's knife
- 5-quart or larger slow cooker
- Oven-safe soup bowls

INSTRUCTIONS

1. **Season the onions.** Place the onions in a 5-quart or larger slow cooker. Stir in the butter, oil, salt, and a generous amount of pepper.
2. **Cook on LOW for 12 hours.** Cover and cook on the LOW setting overnight until the onions should be dark golden-brown and soft, 12 hours or overnight.
3. **Add the broth and vinegar.** Stir in the broth and vinegar.
4. **Cook for LOW 6 to 8 hours.** Cover and continue cooking on the LOW setting for 6 to 8 hours. This is flexible; as long as your slow cooker holds moisture well (wrap a towel over the lid if quite a lot of steam escapes), you can cook the soup for hours. Longer cooking will only intensify the flavors. Taste and season with more salt and pepper if needed, and stir in the brandy if using.
5. **Portion the soup into oven-safe bowls.** Arrange a rack in the upper third of the oven and heat to 350°F. Ladle the soup and onions into oven-safe soup bowls and place the bowls on a rimmed baking sheet.
6. **Top with toast and shredded cheese.** Top each bowl with a slice of toast and a generous quantity of shredded Gruyère cheese, about 1/3 cup per bowl.
7. **Bake for 20 to 30 minutes.** Bake until the cheese is completely melted, 20 to 30 minutes.
8. **Broil for 2 to 3 minutes.** Turn the oven to broil. Broil until the cheese is bubbling and browned, 2 to 3 minutes. Remove from the oven and let cool for a few minutes. Serve with chopped fresh shallot or onion if desired.

Breakfast Monday

Cereal Options

- Woolworths Rolled Traditional Oats 750g
- Kellogg's Coco Pops Chocolatey Breakfast Cereal 650g (
- Uncle Tobys Oat Flakes Breakfast Cereal Flakes 640g
- Woolworths Crunchy Honey Poppas 650g
- Woolworths Full Cream Milk 3l
- Pauls Zymil Lactose Free Full Cream Milk 1l (*Lactose Option*)

Bacon and Eggs

- Essentials Cooking Bacon 1kg
- Sunny Queen 18 Large Free Range Eggs 900g

Lunch Monday

- Expedition Fish and Chips?

Dinner Monday

Mexican

- Mission White Corn Gluten-free Tortillas 12 Pack
- V2 Plant Based Mince 400g (*Vegetarian Option*)
- Old El Paso Gluten Free Tortilla 216g
- Old El Paso Mexican Taco Spice Mix 30g
- Old El Paso Taco Shells Shell 156g 12 Pack
- Woolworths Taco Sauce Mild 240g
- Woolworths Beef Mince 1kg
- Edgell Four Bean Mix 400g
- The Odd Bunch Crazy Carrots 5kg

Breakfast Tuesday

Cereal Options

- Woolworths Rolled Traditional Oats 750g
- Kellogg's Coco Pops Chocolatey Breakfast Cereal 650g
- Uncle Tobys Oat Flakes Breakfast Cereal Flakes 640g
- Woolworths Crunchy Honey Poppas 650g
- Woolworths Full Cream Milk 3l
- Pauls Zymil Lactose Free Full Cream Milk 1l (*Lactose Option*)

Pancakes

- Essentials Plain Flour 2kg
- Woolworths Maple Flavoured Syrup 375g
- Sunny Queen 18 Large Free Range Eggs 900g

Lunch Tuesday

- Woolworths Wholegrain Wrap 8pk 360g
- Mission Wraps Spinach & Herb 8 Pack
- Mission Wraps Wholegrain 8 Pack 567g
- Chris' Dips Avocado 200g
- Hillview Tasty Shredded Cheese 700g
- The Odd Bunch Crazy Carrots 5kg
- Iceberg Lettuce Each
- Bega Tasty Cheese Slices 500g
- Edgell Sliced Beetroot Sliced 825g
- Select Gourmet Tomatoes 480g Punnet
- The Odd Bunch Crazy Carrots 5kg
- Select Continental Cucumbers Each

Snacks

- Woolworths Family Assorted Biscuits 500g
- Cavendish Bananas Each
- Woolworths Navel Oranges 3kg Bag
- Woolworths Fresh Pink Lady Apples 1kg

Dessert Options

- Woolworths Fresh Granny Smith Apples 1kg
- Essentials Salted Butter 500g
- Csr Brown Sugar 1kg
- Pauls Custard Vanilla 2kg
- Bulla Ice Cream Vanilla 4l Tub

Other

Vevelle Toilet Tissue 3ply 190 Sheet 24 Pack