

Weekly Menu Plan #5

January 29-February 4



Monday

Swedish Pancakes & Vanilla Sauce
Fresh Fruit

Tuesday

Ground Beef Green Bean
Casserole

Wednesday

Black Bean Salsa Chicken
Rice
Frozen Vegetables

Thursday

Chicken Bacon Ranch Soup

Friday

DATE NIGHT

Weekend

Italian Chicken Pasta
Green Salad

Dessert

Stovetop Rice Pudding

Pro Tips:

~When you make the rice for the salsa chicken, make extra that you can use for the rice pudding.

PRODUCE

berries/fruit for pancakes
green beans (3 cups)
garlic (6 cloves)
green onions (optional)
onions (2)
celery (4 stalks)
carrots (3 large)
potatoes (3)
bagged salad or salad ingredients

BREAD/GRAINS

white rice
1 pound fettucini or other pasta

SEASONINGS

salt
black pepper
 Worcestershire sauce
taco seasoning mix
onion powder

CANNED GOODS

salsa (1 cup)
15 oz can black beans
chicken broth (3 cups)
2 14 ounce cans Italian seasoned
diced tomatoes
12 oz can evaporated milk

MISCELLANEOUS

ranch dressing mix

PANTRY ITEMS

granulated sugar
flour
cornstarch
vanilla extract
chicken or beef bouillon
olive oil
brown sugar
cinnamon
nutmeg

MEAT

chicken breast (9)
bacon (6 slices)

FROZEN

frozen veggies (1 bag)

DAIRY/EGGS

eggs (10)
milk (11 1/4 cups)
butter (1/2 cup + 1 Tbs)
cream cheese (3 ounces)
cream (1/2 cup)
cheddar cheese (3 cups)
mozzarella cheese (1 1/2 cups)
parmesan cheese (1/3 cup)
ranch dressing (or another kind)