

Weekly Menu Plan #8

February 19th - 25th



Monday

Sausage Quiche
Fresh Fruit

Tuesday

Meatballs in Cream Sauce
Green Salad

Wednesday

Curry Chicken Salad Wraps

Thursday

Cheeseburger Soup

Friday

DATE NIGHT

Weekend

Lemon Chicken Pasta with Bacon
Sweet Cooked Carrots

Dessert

Butterscotch Bars

Pro Tips:

- Chop the whole onion on Monday, and use the rest on Tuesday for the meatballs
- After using a few carrots for the wraps and soup, use the rest for cooked carrots.
- Serve the grapes with the quiche, but save 1/2 cup for the wraps.

PRODUCE

onion (1)
fruit of your choice
grapes
bag of salad (or salad ingredients)
lettuce for wraps
green onions (1 large bunch)
carrots (2 pounds)
celery (1 bunch)
potatoes (3-4)
lemon
roma tomatoes (3)

BREAD/GRAINS

pasta (1# 8 oz)
flour tortillas (8)

SEASONINGS

salt
pepper
dry parsley
thyme
curry
basil
rosemary

CANNED GOODS

chicken broth (14 oz + 3 cups)

MISCELLANEOUS

ketchup (1 Tbsp)
mayonnaise (1/4 cup)
roasted, salted almonds (1/2 cup)
pecans or walnuts (3/4 cup)

PANTRY ITEMS

oats (3/4 cup)
 Worcestershire sauce (1 tsp)
flour
honey (2 Tbsp)
garlic (2 cloves)
brown sugar
maple flavoring
baking powder

MEAT

pork sausage (1/2#)
lean ground beef (1 1/2#)
chicken breasts (5 large)
bacon (2-3 slices)

FROZEN

9" pastry crust (or ingredients)

DAIRY/EGGS

cheddar cheese (3/4 cup)
mozzarella cheese (3/4 cup)
eggs (8)
milk (5 1/2 cups)
ranch dressing (or ingredients)
butter (1 cup)
sour cream (1/4 cup)
velveeta cheese (8 oz)
cream (1/2 cup)
parmesan cheese (1/2 cup)