

Weekly Menu Plan #11

March 19th - March 25th



Monday

Sausage Gravy
with Angel Biscuits
Fresh Fruit

Tuesday

Peppered Meatballs with Dill
Sauce
Green Salad

Wednesday

Lemon Pepper Chicken Pasta

Thursday

Salmon Chowder

Friday

DATE NIGHT

Weekend

Sweet & Sour Chicken

Dessert

Pistachio Cupcakes

Pro Tips:

-If you bought buttermilk last week, you don't need to buy it again!
-I like to use better than bouillon chicken and water in place of broth.
-You will only need a cup of peas for Wednesday; you can serve the rest of the bag with the sweet & sour chicken.

PRODUCE

fruit of your choice
onion (2)
garlic cloves (3)
lemon
carrots (2-3 large)
red potatoes (2 1/2#)
celery (2 stalks)

BREAD/GRAINS

pasta of your choice for meatballs
penne pasta (12 ounces)

SEASONINGS

seasoning salt
salt
black pepper
chicken bouillon (2 tsp)
dry parsley (3 Tbsp)
dry dill (2 tsp)
lemon pepper seasoning (1 1/2 tsp)
garlic powder (1/2 tsp)

CANNED GOODS

chicken broth (5 cups)

MISCELLANEOUS

worcestershire sauce (1 tsp)
ketchup (1/2 cup + 2 Tbsp)
cornstarch (1 cup)
soy sauce (1 Tbsp)
3.4 oz box instant pistachio pudding mix

PANTRY ITEMS

all purpose flour (8 cups)
instant yeast (1 Tbsp)
sugar (2/3 cup + 5 Tbsp)
baking powder (2 Tbsp)
baking soda (1 tsp)
quick oats (3/4 cup)
olive oil (1 Tbsp)
vinegar (1/4 cup)
mini chocolate chips (3/4 cup)
canola oil (1/2 cup)
vanilla extract (1 Tbsp)
powdered sugar (3 cups)
cupcake liners

MEAT

pork sausage (1/2#)
lean ground beef (1 1/2#)
chicken breast (5 pounds)
bacon (3 strips)
salmon (enough for 1 1/2 cup cooked)
white rice

FROZEN

frozen peas (1 cup)

DAIRY/EGGS

milk (11 1/4 cups)
salted butter (2 1/2 cup)
buttermilk (2 cups)
eggs (3)
light cream cheese (4 ounces)
parmesan cheese (2 Tbsp)
heavy cream (1/2 cup)
cream cheese (8 ounces)