

Weekly Menu Plan #22

June 4th - June 10th



Monday

Grilled Pork Chops
Spinach Salad with Bacon

Tuesday

Waikiki Meatballs
Rice

Wednesday

Paprika Chicken
Zucchini or Squash

Thursday

Pecan Crusted Chicken Salad

Friday

DATE NIGHT

Weekend

Chicken Haystacks

Dessert

Strawberry Poke Cake

Pro Tips:-

- You can use Ritz or Townhouse crackers instead of the saltines.
- All of the garnishes for haystacks are optional, so buy the ones your family likes.

PRODUCE

garlic (9 cloves)
spinach (6 oz bag)
celery (6 stalks)
green onions (3)
green pepper (1)
onion (2 small)
yellow or red pepper (1 small)
zucchini (or another vegetable)
leafy green lettuce (1 large head)
carrots (2 large)
cucumber (1)
tomatoes (1-2)
strawberries (1 pint)

BREAD/GRAINS

saltines (1 sleeve)
long grain rice (5 cups)
panko bread crumbs (3/4 cup)

SEASONINGS

lemon pepper seasoning (1 1/2 Tbsp)
salt
pepper
dry minced onion (2 Tbsp)
smoked paprika (1 1/2 tsp)
garlic powder (1/2 tsp)
paprika (1/2 tsp)
cayenne pepper (dash)
poppy seeds (1 1/2 tsp)

FROZEN

CANNED GOODS

pineapple tidbits (2 20 oz cans)
chicken broth (1 cup)
sliced olives (2.5 oz can)
mandarin oranges (for haystacks)

PANTRY ITEMS

soy sauce (4 Tbsp)
vegetable oil (2/3 cup + 1/2 cup)
granulated sugar (2 1/2 Tbsp)
white vinegar (1/2 cups)
cornstarch (2 Tbsp)
brown sugar (1/2 cup)
olive oil (2 Tbsp)
honey (1/4 cup)
apple cider vinegar (1 1/2 tsp)
all purpose flour (1/4 cup)
powdered sugar (1/4 cup)
vanilla extract (1/2 tsp)

MEAT

pork chops (6 boneless)
bacon (6 strips)
lean ground beef (1 1/2 pounds)
chicken breast (2 1/2# + 2 breasts)

DAIRY/EGGS

eggs (8)
mozzarella cheese (1 cup shredded)
milk (3 1/4 cup + 2 Tbsp)
heavy cream (1 1/2 cups)
sour cream (1/2 cup)
salted butter (3 Tbsp)
cheddar cheese (1 cup grated)

MISCELLANEOUS

yellow mustard (a few drops)
pecans (3/4 cup finely chopped)
mayonnaise (1 Tbsp)
sliced almonds (3/4 cup)
Craisins (1/3 cup)
Bugles (for haystacks)
chow mein noodles (for haystacks)
shredded coconut (for haystacks)
white cake mix (16.25 oz)
strawberry jello (3 oz box)
vanilla instant pudding (3.4 oz box)