

# Weekly Menu Plan #25

June 25th - July 1st



## Monday

Ham Fried Rice

## Tuesday

Hobo Dinners

## Wednesday

Chicken Stroganoff

Strawberry Spinach Salad

## Thursday

Tuna Macaroni Salad

Fresh Fruit

## Friday

DATE NIGHT

## Weekend

Crock Pot Cube Steak

Mashed Potatoes

Green Salad

## Dessert

Cheesecake Brownies

## Pro Tips:

-You will have leftover frozen veggies that you can serve on another night if you wish.

-You can use full fat sour cream if you prefer.

## PRODUCE

onions (4)  
carrots (7 large)  
celery (5 stalks)  
green pepper (1)  
russet potatoes (10 - 11 large)  
mushrooms (1/2 cup sliced)  
garlic (5 cloves)  
strawberries (1 pound)  
baby spinach (12 ounces)  
green onions (2)  
fresh fruit for Thursday  
bag of salad or salad ingredients

## BREAD/GRAINS

long grain rice (3 cups)  
dry pasta for stroganoff (1 pound)  
rotini or small shell pasta (8 oz)

## SEASONINGS

salt  
pepper  
garlic powder (1/2 tsp)  
smoked paprika (1/2 tsp)  
paprika (1/8 tsp)  
dry dill (1/4 tsp)  
garlic salt (1/2 tsp)

## FROZEN

corn (1 cup)  
peas (2 cups)

## CANNED GOODS

tuna in water (5 oz can)

## PANTRY ITEMS

all purpose flour (1 cup + 6 Tbsp)  
sugar (1 3/4 cups)  
white vinegar (1/4 cup)  
olive oil (1/3 cup)  
ranch dressing mix (1 tsp)  
vegetable oil (1/4 cup)  
beef bouillon (2 tsp)  
vanilla extract (1 1/4 tsp)  
cocoa powder (1/2 cup)  
non stick cooking spray

## MEAT

bacon (7 strips)  
ham (2 1/2 cups diced)  
lean ground beef (1 pound)  
skinless chicken breast (1 pound)  
cube steak (1 1/2 pounds)

## DAIRY/EGGS

salted butter (1/2 cup + 2 Tbsp)  
eggs (5 large)  
cheddar cheese (1/2 cup grated)  
light sour cream (1 cup + 2 Tbsp)  
milk (1/2 cup)  
cream cheese (11 oz)

## MISCELLANEOUS

sliced almonds (3/4 cup)  
strawberry jam (1/3 cup)  
poppy seeds (2 tsp)  
dill pickle (1 large)  
mayonnaise (1/2 cup)  
Lipton dry onion soup mix (2 Tbsp)  
 Worcestershire sauce (1 tsp)  
semi sweet chocolate chips (1/2 cup)  
dressing for salad