

Weekly Menu Plan #27

July 9th - July 15th



Monday

Ham & Cheese Egg Cups
Fresh Fruit

Tuesday

Cheesesteak Sloppy Joes
Baked Fries

Wednesday

Monterey Chicken
Frozen Veggies

Thursday

Bacon Cheeseburger Salad

Friday

DATE NIGHT

Weekend

Black Bean Chicken Enchiladas

Dessert

Strawberry Ice Cream

Pro Tips:

-You can use thousand island instead of ranch dressing on Thursday.

-Pick up some shredded lettuce, avocado, diced tomatoes, and additional green onions to serve with the enchiladas!

-You can use fresh or bottled lemon juice for the strawberry ice cream.

PRODUCE

fresh fruit for Monday
onion (small)
green pepper (1 small)
mushrooms (4 oz)
garlic (4 cloves)
russet potatoes (3 pounds)
roma tomatoes (2)
green onions (4)
romaine lettuce (8 cups)
spring mix (8 cups)
grape tomatoes (8 oz)
strawberries (1 pound)

BREAD/GRAINS

hamburger buns (6)
8" flour tortillas (8)

SEASONINGS

black pepper
salt
seasoning salt (1 1/2 tsp)
garlic powder (1/2 tsp)
paprika (1/2 tsp)
onion powder (1/4 tsp)
cumin (3/4 tsp)

CANNED GOODS

dill pickles (8 oz)
diced green chilis (4 oz)
black beans (15 oz)
sweetened condensed milk (14 oz)

PANTRY ITEMS

dry minced onions (1 1/2 tsp)
beef bouillon (1 tsp)
cornstarch (1 Tbsp)
olive oil (1 Tbsp)
all purpose flour (1/4 cup)
chicken bouillon (1 1/2 tsp)
granulated sugar (1/2 cup)
vanilla extract (1 tsp)

MEAT

diced ham (1 1/2 cups)
lean groun beef (2 pounds)
boneless chicken breasts (6)
bacon (7 strips)

DAIRY/EGGS

shredded cheddar (2 3/4 cups)
large eggs (8)
milk (1 1/2 cups)
sliced provolone cheese (6 oz)
salted butter (2 Tbsp)
shredded monterey jack (1 cup)
sour cream (1/3 cup)
shredded mozzarella cheese (1 cup)
heavy cream (2 cups)

FROZEN

frozen veggies of your choice (1#)

MISCELLANEOUS

worcestershire sauce (1 Tbsp)
bbq sauce (1 cup)
ranch dressing (1/2 cup)
lemon juice (1 Tbsp)