

Weekly Menu Plan #38

September 24th - September 30th



Monday

Sausage Breakfast Casserole

Tuesday

Chicken Gumbo Sloppy Joes
Oriental Salad

Wednesday

Instant Pot Sweet & Spicy Chicken
Rice

Thursday

Cheeseburger Soup
Garlic Knots

Friday

DATE NIGHT

Weekend

Creamy Garlic Chicken
Frozen Veggies

Dessert

Zucchini Brownies

Pro Tips:

-You can use Oriental flavored ramen if you prefer.

PRODUCE

green onions (8)
red pepper (1)
green pepper (1)
onion (3-4)
broccoli slaw (2 12oz bags)
garlic (16 cloves)
carrots (2-3 large)
celery (2-3 stalks)
russet potatoes (3-4)
zucchini (2-3 small)

BREAD/GRAINS

hamburger buns (8)
chicken ramen noodles (2 3oz pkgs)
long grain rice (3 cups)
fettuccine or other pasta (1 pound)

SEASONINGS

salt & pepper
curry powder (1 tsp)
ground ginger (1/2 tsp)
red pepper flakes (1/4 tsp)
basil (1 tsp)
parsley (1 tsp)
Italian seasoning (1/2 tsp)
garlic powder (1 tsp)

CANNED GOODS

chicken gumbo soup (10.5 oz)
chicken broth (2 1/3 cups)

FROZEN

cubed hash browns (16 oz)
frozen veggies of your choice (1 bag)

PANTRY ITEMS

non stick cooking spray
brown sugar (2 Tbsp)
olive oil (3/4 cup)
sesame seeds (1/4 cup)
apple cider vinegar (1/2 cup + 2 T)
granulated sugar (2 cups + 1 Tbsp)
soy sauce (6 Tbsp)
brown sugar (1 cup)
cornstarch (2 Tbsp)
all purpose flour (5 1/2 cups)
instant yeast (2 tsp)
chicken bouillon (1 1/2 tsp)
vegetable oil (3/4 cup)
vanilla extract (3 tsp)
cocoa powder (1/2 cup + 2 Tbsp)
baking soda (1 1/2 tsp)
powdered sugar (2 cups)

MEAT

pork breakfast sausage (1 pound)
lean ground beef (2 1/2 pounds)
boneless chicken breast (6 large)

DAIRY/EGGS

shredded cheddar (2 cups)
large eggs (10)
milk (5 1/2 cups)
heavy cream (1 cup)
salted butter (1 cup + 6 Tbsp)
Velveeta cheese (8 oz)
parmesan (3/4 cup)

MISCELLANEOUS

ketchup (3/4 cup)
 Worcestershire sauce (2 Tbsp)
sliced almonds (2/3 cup)
lemon juice (2 Tbsp)
pecans for brownies (optional)