

Weekly Menu Plan #41

October 15th - October 21st



Monday

Pork Chop Suey

Tuesday

Eggroll in a Bowl

Wednesday

Chicken Fried Rice

Thursday

Pumpkin Chili

Friday

DATE NIGHT

Weekend

Easy Lasgaga

Garlic Bread

Dessert

Iced Oatmeal Cookies

Pro Tips:

-If you'd like, buy some crunchy chow mein noodles to serve with the pork chop suey. So good!

-You can use beef bouillon and water in place of the beef broth.

-Sour cream, tortilla chips, cheese, and avocado make great garnishes for the chili.

PRODUCE

garlic (9 cloves)
celery (7 stalks)
onions (3)
bean sprouts (6 ounces)
sugar snap peas (6 ounces)
mushrooms (2/3 cup sliced)
broccoli slaw (12 oz bag)
coleslaw mix (14 oz bag)
green onion (1)
large carrots (4)
green pepper (1)

BREAD/GRAINS

long grain rice (4 1/2 cups)
lasagna noodles (10)
garlic bread (1 loaf)

SEASONINGS

salt & pepper
red pepper flakes (1/4 tsp)
taco seasoning (1 Tbsp)
ground cumin (1 tsp)
parsley (1 Tbsp)
ground cinnamon (2 tsp)
ground nutmeg (1/2 tsp)

CANNED GOODS

sliced water chestnuts (8 oz)
diced tomatoes (15 oz)
tomato sauce (8 oz)
beef broth (1 1/2 cups)
pumpkin puree (15 oz)
black beans (15 oz)
kidney beans (15 oz)
spaghetti sauce (26 oz)

FROZEN

peas (1 cup)
corn (1 cup)

PANTRY ITEMS

vegetable oil (1 Tbsp)
chicken bouillon (2 tsp)
cornstarch (2 Tbsp)
old fashioned oats (2 cups)
all purpose flour (2 cups)
baking soda (1 tsp)
baking powder (1/2 tsp)
brown sugar (1 cup)
granulated sugar (1/2 cup)
vanilla extract (2 1/4 tsp)
powdered sugar (1 1/2 cups)

MEAT

boneless pork chops (1 pound)
lean ground beef (3 pounds)
pork sausage (1 pound)
bacon (4 slices)
boneless chicken breast (3)

DAIRY/EGGS

salted butter (1 1/4 cups)
cottage cheese (24 oz)
parmesan cheese (1/4 cup)
large eggs (3)
shredded mozzarella (3 cups)
milk (3 Tbsp)

MISCELLANEOUS

soy sauce (1/2 cup)
molasses (1 Tbsp)