

Weekly Menu Plan #43

October 29th - November 4th



Monday

Mummy Dogs
Veggies & Ranch Dip

Tuesday

Mummy Pizzas
Green Salad

Wednesday

Teriyaki Chicken
Frozen Vegetables

Thursday

Chicken Taco Soup

Friday

DATE NIGHT

Weekend

Dutch Oven Chicken

Dessert

Pumpkin Cobbler

Pro Tips:

- Instead of buying pizza dough, you can make homemade!
- You can substitute chicken base or bouillon + water for the chicken broth.
- If desired, buy sour cream, tortilla chips, cheese, and avocado to garnish the soup.

PRODUCE

veggies for dipping
bag of salad with dressing
garlic (2 cloves)
onion (1)
russet potatoes (4 medium)
carrots (4 large)

BREAD/GRAINS

pizza dough (1 pound)
long grain rice (2 cups)

SEASONINGS

salt & pepper
dry minced onion (1 1/2 tsp)
garlic powder (1/4 tsp)
dill weed (1/2 tsp)
parsley (1 1/2 tsp)
seasoning salt (1/2 tsp)
ginger (3/4 tsp)
taco seasoning (1/4 cup/1 packet)
ranch dressing mix (1 tsp)
cinnamon (1 1/2 tsp)
nutmeg (1/4 tsp)
ground cloves (1/4 tsp)

CANNED GOODS

pizza sauce (1 cup)
black olives (just a few for mummy eyes)
chicken broth (3 cups)
Rotel (10 oz)
black beans (15 oz)
pinto beans (15 oz)
cream of chicken soup (10.5 oz)
pumpkin puree (1 cup)

PANTRY ITEMS

granulated sugar (1 1/2 cups)
instant yeast (2 tsp)
olive oil (4 Tbsp)
all purpose flour (4 1/4 cups)
cornstarch (1 Tbsp)
apple cider vinegar (1/4 cup)
soy sauce (1/2 cup)
baking powder (2 tsp)
vegetable oil (1/4 cup)
vanilla extract (1 tsp)
brown sugar (1 cup)

MEAT

hot dogs (8)
chicken breasts (9)
bacon (6 slices)

DAIRY/EGGS

milk (3/4 cup)
sour cream (3/4 cup)
mozzarella string cheese (8)

MISCELLANEOUS

ketchup & mustard for hot dogs
mayonnaise (1/2 cup)
chopped pecans (1/3 cup)

FROZEN

frozen veggies, any kind (1 bag)
corn (2 cups)
vanilla ice cream (1.5 quarts)