

this week for dinner™

week 395 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday: [asian spinach salad](#)
- tuesday: take out night
- wednesday: [BLT pizza](#)
- thursday: [caprese paninis](#)
- friday: leftovers
- saturday: [chicken caesar wraps](#)
- sunday: breakfast for dinner: [waffles](#) & fruit
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INGREDIENTS

- small bag spinach
- can sliced water chestnuts
- b/s chicken breasts
- bean sprouts
- bacon
- mozzarella cheese (for pizza & caprese)
- romaine lettuce (for pizza & wraps)
- tomatoes (for pizza & caprese)
- bread for paninis
- fresh basil
- tortillas
- fresh fruit
- 8 oz bowtie pasta

fridge/pantry/spice cupboard staples needed:
sesame seeds, sunflower seeds, lemon pepper,
canola oil, sugar, salt, sesame oil, soy sauce,
rice vinegar, fresh garlic, flour, active dry yeast,
olive oil, can whole tomatoes, dried oregano,
pepper, red wine vinegar, mayonnaise, caesar
dressing, croutons, fresh parmesan cheese,
baking powder, milk, eggs, butter, vanilla
extract