

# this week for dinner™

## week 412 menu

### MENU (underlined words indicate hyperlinks to recipes)

monday: [tuscan tomato soup](#) + grilled cheese sandwiches

tuesday: eat out at benihana for annas birthday dinner

wednesday: [grammys orange chicken](#) + rice and veggie

thursday: [easiest ever chicken pot pie](#)

friday: leftovers

saturday: take out night

sunday: breakfast for dinner: [waffles](#) and smoothies

---

## INGREDIENTS

- onion
- heavy cream
- basil pesto
- crusty bread
- orange juice
- veggie for orange chicken night
- refrigerated pie crust
- mushrooms
- boursin cheese
- grapes or juice (For smoothies)

fridge/pantry/spice cupboard staples needed:  
salt, pepper, olive oil, 3 cans diced tomatoes,  
chicken stock, cheese, butter, frozen chicken  
breasts (2 meals), flour, brown sugar, vinegar,  
nutmeg, basil, ginger, can mandarin oranges,  
rice, cornstarch, frozen peas & carrots, frozen  
smoothie fruit, sugar, baking powder, milk,  
eggs, vanilla extract