

# this week for dinner™

## week 430 menu

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

- monday:** caprese salad with crusty bread
- tuesday:** grammy's orange chicken with rice and veggie
- wednesday:** stuffed peppers with salad
- thursday:** leftovers
- friday:** eat out night
- saturday:** homemade hamburgers with chips and salad
- sunday:** bertucci's tortellini + veggie and bread
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### INGREDIENTS

- tomatoes
- fresh mozzarella
- fresh basil
- orange juice
- salad fixings
- red bell peppers
- onion
- sweet italian sausage (2 meals)
- fresh parsley
- ground beef
- hamburger buns
- mushrooms (2 meals)
- fresh cheese tortellini
- cream
- crusty bread (2 loaves)
- 2 side veggies

fridge/pantry/spice cupboard staples needed:  
salt, pepper, chicken breasts, flour, butter, brown sugar, vinegar, nutmeg, dried basil, ground ginger, canned mandarin oranges, rice, olive oil, fresh parmesan cheese, egg, 2 cans tomato sauce, cheese, chips, fresh garlic, can whole tomatoes, sugar