

# this week for dinner™

## week 434 menu

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

monday: [sausage, pepper and onion subs](#)

tuesday: mac & cheese + salad

wednesday: pancakes + fruit salad

thursday: [chicken caesar wraps](#) + chips

friday: eat out night

saturday: hamburgers on the grill + veggies

sunday: leftovers

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## INGREDIENTS

- sausage
- bell pepper
- onion
- sub rolls
- fresh fruit
- frozen Trader Joes mac & cheese
- salad fixings
- romaine lettuce
- croutons
- flour tortillas
- hamburger buns
- hamburger toppings
- fresh veggies to eat raw

fridge/pantry/spice cupboard staples needed:  
salt, pepper, chips, flour, sugar, eggs, milk,  
baking powder, salt, vanilla, chicken breasts,  
caesar dressing, fresh parmesan cheese,  
ground beef