

this week for dinner™

week 436 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [asian spinach salad](#)

tuesday: [caprese paninis](#) + chips

wednesday: [chili](#)

thursday: food truck night at the school!

friday: leftovers

saturday: [curried coconut soup](#)

sunday: chicken vindaloo with rice, broccoli and naan

INGREDIENTS

- potato chips
- spinach
- bean sprouts
- panini bread
- fresh mozzarella cheese
- fresh basil
- tomatoes
- onion
- bell pepper
- fresh fruit
- onion
- 1 can light coconut milk
- cauliflower
- carrots
- broccoli
- naan bread

fridge/pantry/spice cupboard staples needed:
salt, pepper, bowtie pasta, sesame seeds, sunflower seeds, canned water chestnuts, b/s chicken breasts, canola oil, sugar, sesame oil, soy sauce, rice vinegar, fresh garlic, mayonnaise, thyme, ground beef, can kidney beans, can baked beans, 2 cans petite diced tomatoes, salsa, chili powder, cumin, cayenne pepper, canola oil, curry powder, paprika, chicken broth, can chickpeas, frozen peas, frozen spinach, costco vindaloo simmer sauce, rice,