

this week for dinner™

week 438 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [spaghetti and meatballs](#) with salad

tuesday: [grammys orange chicken](#) with rice and veggie

wednesday: leftovers

thursday: [creamy chicken enchiladas](#) + [guacamole](#) and chips

friday: [chili](#) and tortilla chips

saturday: leftovers

sunday: eat out night with visiting family

INGREDIENTS

- orange juice
- canned mandarin oranges
- veggie for orange chicken night
- salad fixings
- heavy cream
- tortillas
- monterey jack cheese
- onions
- tortilla chips
- avocados
- ground beef
- bell pepper

fridge/pantry/spice cupboard staples needed:
salt, pepper, b/s chicken breasts (2 meals worth), flour, butter, brown sugar, vinegar, nutmeg, basil, ginger, rice, spaghetti, pasta sauce, bread crumbs, egg, oregano, parsley, minced dried onions, fresh garlic, olive oil, 8-oz can tomato sauce, chicken bouillion, sugar, salsa, lime, can kidney beans, can baked beans, can diced tomatoes, chili powder, ground cumin