

this week for dinner™

week 456 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: chicken fettuccine alfredo + salad

tuesday: chicken piccata + mashed potatoes and veggie

wednesday: boozy beef stew + crusty bread

thursday: leftovers

friday: bean and cheese burritos

saturday: take out night

sunday: breakfast for dinner: omelettes + smoothies

INGREDIENTS

grocery store list:

- fresh fettuccine
- alfredo sauce
- salad fixings
- russet potatoes
- side veggie
- cream
- onion
- stew meat
- beer
- carrots
- red potatoes
- white potatoes
- fresh parsley
- crusty bread
- tortillas
- omelette fixings

pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts (freezer)
- flour
- olive oil
- lemon juice
- chicken boullion
- capers
- butter
- fresh garlic
- beef bouillon
- worcestershire sauce
- tomato paste
- paprika
- sugar
- beans
- cheese
- salsa
- eggs
- frozen fruit for smoothies