

this week for dinner™

week 470 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [rachel sandwiches](#)

tuesday: [pats oriental chicken salad](#)

wednesday: take out night

thursday: [salsa chicken](#) with chips and [guacamole](#)

friday: leftovers

saturday: take out night (traveling this week!)

sunday: homemade hamburgers with fresh veggies & fruit

INGREDIENTS

grocery store list:

- french bread
- deli turkey
- swiss cheese
- coleslaw
- romaine lettuce
- green onions
- tortillas
- tomatoes
- avocados
- tortilla chips
- hamburger buns
- hamburger toppings
- carrots
- broccoli
- fresh fruit

pantry/fridge/freezer items:

- salt & pepper
- thousand island dressing
- chow mein noodles
- can mandarin oranges
- poppyseed dressing
- b/s chicken breasts
- b/s chicken thighs
- potstickers (freezer)
- salsa
- can black beans
- frozen corn
- shredded cheese
- ground beef
- hamburger condiments