

# this week for dinner™

## week 482 menu

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

monday: southwest chicken salad

tuesday: loaded nachos

wednesday: chicken fettuccine alfredo with salad and garlic bread

thursday: leftovers

friday: BLTs with fresh fruit

saturday: take out night

sunday: breakfast for dinner: [waffles](#), eggs and fruit

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## INGREDIENTS

### grocery store list:

- romaine lettuce
- salad tortilla strips
- tortilla chips
- colby jack cheese
- avocados
- fresh fettuccine
- alfredo sauce
- salad fixings
- garlic bread
- bacon
- tomatoes
- fresh fruit

### pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts (freezer)
- taco seasoning
- canned corn
- can black beans
- ranch dressing
- salsa
- eggs
- flour
- sugar
- milk
- butter
- vanilla extract