

# this week for dinner™

## week 486 menu

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

monday: [adobo chicken](#) with beans and rice

tuesday: [chicken caesar wraps](#)

wednesday: veggie omelets

thursday: leftovers

friday: [grilled salmon](#) with rice & broccoli

saturday: eat out night

sunday: [sausage, pepper & onion hoagies](#)

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## INGREDIENTS

### grocery store list:

- romaine lettuce
- tortillas
- croutons
- avocado
- bell peppers
- onions
- eggs
- salmon
- broccoli
- sweet italian sausage
- hoagie rolls
- tomatoes
- wild rice mix

### pantry/fridge/freezer items:

- salt & pepper
- fresh garlic
- b/s chicken breasts (freezer)
- chicken thighs (freezer)
- anatto seeds
- orange juice
- white vinegar
- canola and olive oil
- basil
- cinnamon
- cornstarch
- jasmine rice
- peruan beans
- parmesan cheese
- caesar dressing
- brown sugar
- cayenne pepper
- paprika
- garlic powder
- onion powder