

this week for dinner™

week 487 menu

MENU

(underlined words indicate hyperlinks to recipes)

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

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

wednesday: steak salad with roasted potatoes

thursday: leftovers

friday: veggie omelets

saturday: eat out night

sunday: boys on their own - girls are camping with friends!

INGREDIENTS

grocery store list:

- avocado
- bell peppers
- onions
- eggs
- salmon
- broccoli
- sweet italian sausage
- hoagie rolls
- tomatoes
- wild rice mix
- steak
- salad fixings
- potatoes
- mushrooms

pantry/fridge/freezer items:

- salt & pepper
- brown sugar
- cayenne pepper
- paprika
- garlic powder
- onion powder
- salad dressing