

this week for dinner™

week 489 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: grilled salmon with rice & veggie

tuesday: eat out night

wednesday: loaded chicken nachos

thursday: dinner at school open house!

friday: BLTs

saturday: [asian chicken salad](#)

sunday: quiche and fresh fruit

INGREDIENTS

grocery store list:

- salmon
- wild rice mix
- side vegetable
- tortilla chips
- avocados
- bacon
- crusty bread
- lettuce (for 2 meals)
- tomatoes
- crispy wonton salad toppers
- green onions
- eggs
- quiche veggies
- fresh fruit

pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts (freezer)
- pinto beans
- cheese
- salsa
- mayonnaise
- salad dressing
- canned mandarin oranges
- almonds
- flour
- butter