

# this week for dinner™

## week 499 menu

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

- monday:**      [carnitas](#) tacos + [guacamole](#) and chips
- tuesday:**     [asian chicken salad](#)
- wednesday:** hot dogs & brats plus fresh fruit
- thursday:**    leftovers
- friday:**        [rachel sandwiches](#)
- saturday:**    takeout night
- sunday:**       breakfast for dinner ([waffles](#) + smoothies)
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### INGREDIENTS

- |                             |                       |                                 |
|-----------------------------|-----------------------|---------------------------------|
| ■ fresh fruit               | ■ onion               | fridge/pantry/spice cupboard    |
| ■ romaine lettuce           | ■ deli turkey         | staples needed:                 |
| ■ 2 1/2 lb bone-in pork     | ■ good sandwich bread | ■ salt & pepper                 |
| ■ shoulder                  | ■ coleslaw mix        | ■ b/s chicken breasts (freezer) |
| ■ jalapeno                  | ■ chips               | ■ hot sauce                     |
| ■ orange                    | ■ swiss cheese        | ■ canned mandarin oranges       |
| ■ avocados                  | ■ juice               | ■ asian or poppyseed dressing   |
| ■ salsa                     | ■ bacon               | ■ almonds                       |
| ■ tortillas                 |                       | ■ thousand island dressing      |
| ■ cilantro                  |                       | ■ frozen fruit                  |
| ■ crispy fried wonton salad |                       | ■ flour                         |
| ■ toppers                   |                       | ■ sugar                         |
| ■ green onions              |                       | ■ baking powder                 |
| ■ hot dogs & brats          |                       | ■ milk                          |
| ■ buns                      |                       | ■ eggs                          |
| ■ bell pepper               |                       | ■ butter                        |