

# this week for dinner™

## week 503 menu

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

- monday: [pulled pork sandwiches](#) with [coleslaw](#)
- tuesday: baked potato bar
- wednesday: leftovers
- thursday: [grammys orange chicken](#) with rice and vegetable
- friday: [chicken tortilla soup](#)
- saturday: [coras ground beef tacos](#)
- sunday: leftover night
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### INGREDIENTS

- |                        |                        |  |                   |
|------------------------|------------------------|--|-------------------|
| ■ fresh fruit          | ■ grape tomatoes       | ■ salt & pepper  | ■ rice            |
| ■ onions               | ■ 3 regular tomatoes   | ■ 8-oz can tomato sauce  | ■ ground beef     |
| ■ can green chiles     | ■ tortillas            | ■ bbq sauce  | ■ salsa           |
| ■ boneless pork loin   | ■ lettuce              | ■ sugar and brown sugar  | ■ fresh garlic    |
| ■ roast                | ■ lime                 | ■ spices: chili powder, cumin, oregano, cinnamon, cayenne, poppy seeds, nutmeg, basil, ginger, chili powder, paprika, garlic powder, onion powder, seasoned salt | ■ chicken broth   |
| ■ hoagie rolls         | ■ avocados             | ■ mayo   | ■ frozen corn     |
| ■ coleslaw mix         | ■ cheese               | ■ canola oil   | ■ can black beans |
| ■ russet potatoes      | ■ tortilla strip salad | ■ vinegar  |                   |
| ■ bacon                | ■ toppers              | ■ butter   |                   |
| ■ green onions         |                        | ■ b/s chicken breasts  |                   |
| ■ sour cream           |                        | ■ flour  |                   |
| ■ broccoli             |                        |  |                   |
| ■ orange juice         |                        |  |                   |
| ■ can mandarin oranges |                        |  |                   |
| ■ side veggie          |                        |  |                   |
| ■ fresh cilantro       |                        |  |                   |