MENU  (underlined words indicate hyperlinks to recipes)

monday:  kitchen sink quesadillas with guacamole and chips

tuesday:  sweet korean beef bbq tacos

wednesday:  chicken stir fry + dumplings

thursday:  leftovers

friday:  hot dogs, fruit, carrot sticks and chips

saturday:  eat out

sunday:  honey mustard grilled chicken sandwiches and salad

INGREDIENTS

flour tortillas
mexican shredded cheese
can corn
can black beans
avocados
romaine lettuce
red onion
fresh cilantro
sour cream
campbells sweet korean bbq dinner sauce
chuck roast
coleslaw mix (no dressing)
b/s chicken breasts (2 meals)
frozen stir fry veggies
frozen dumplings
hot dogs
hot dog buns

fresh fruit
carrots
kaiser rolls
lettuce
tomato
salad fixings
sliced swiss cheese

fridge/pantry/spice cupboard staples needed:
salsa, salt, pepper, lime juice, olive oil, garlic powder, dried minced onion, red pepper flakes, soy sauce, ground ginger, chips, mayonnaise, mustard, honey, rice wine vinegar,