MENÜ
(underlined words indicate hyperlinks to recipes)

**Monday:**  green noodles (aka No. 3) + garlic bread and salad

**Tuesday:**  taco night

**Wednesday:**  pesto tortellini soup with crusty bread

**Thursday:**  grammy’s orange chicken + rice and veggie

**Friday:**  leftovers

**Saturday:**  take out night

**Sunday:**  Swedish pancakes and fresh fruit

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**INGREDIENTS**

- carrots
- celery
- onions
- fresh fettuccine
- mushrooms
- prosciutto
- feta cheese
- pesto
- salad fixings (including lettuce & tomato)
- fresh fruit
- loaf french bread (2)
- tortillas and taco shells
- b/s chicken thighs
- bell pepper
- cilantro
- fresh tortellini

- avocados
- corn chips

fridge/pantry/spice cupboard staples needed:
- salt, pepper, chicken breasts, ground beef, milk, flour, sugar, butter, fresh parmesan cheese, fresh garlic, orange juice, butter, brown sugar, vinegar, nutmeg, dried basil, ground ginger, can manadarin oranges, chicken broth, frozen mixed veggies, beans, rice, salsa