

# this week for dinner™

## week 382 menu

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

monday: [chili](#) and corn chips

tuesday: [spaghetti and meatballs](#) + salad

wednesday: nachos night

thursday: egg scrambles and fresh fruit

friday: take out night

saturday: grill night: hot dogs, hamburgers and the fixings!

sunday: [Swedish pancakes](#) and fresh fruit

---

### INGREDIENTS

- salad fixings
- fresh fruit
- french bread
- corn chips
- onion
- bell pepper
- ground beef (2 meals)
- corn chips (2 meals)
- hot dogs & buns
- hamburger buns
- spaghetti sauce
- cheese
- avocados
- potato salad

fridge/pantry/spice cupboard staples needed:  
salt, pepper, spaghetti, canned kidney beans, can baked beans, canned petite diced tomatoes, salsa, chili powder, cumin, milk, flour, sugar, breadcrumbs, eggs, basil, oregano, parsley, dried diced onions, fresh garlic, black beans, butter