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

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