MENU (underlined words indicate hyperlinks to recipes)

**monday:** pesto chicken salad sandwiches + fruit & chips

**tuesday:** sweet korean bbq beef tacos

**wednesday:** mac & cheese + veggie

**thursday:** english muffin pizzas

**friday:** take out night

**saturday:** leftovers OR cheeseburgers + watermelon and salad

**sunday:** omelettes and fresh fruit

INGREDIENTS

- b/s chicken breasts
- basil pesto
- romaine lettuce
- good sandwich bread
- campbells sweet korean bbq dinner sauce
- chuck roast
- coleslaw mix (no dressing)
- flour tortillas
- trader joes frozen mac & cheese
- side veggie for mac & cheese
- english muffins
- tomato sauce
- mozzarella cheese
- pepperoni
- mushrooms
- olives
- hamburger
- hamburger buns
- hamburger toppings
- watermelon
- salad fixings
- fresh fruit

fridge/pantry/spice cupboard staples needed: mayonnaise, salt and pepper, sour cream, hot sauce, eggs