

# this week for dinner™

## week 398 menu

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

monday: [chicken salad](#) sandwiches & fruit

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

wednesday: [oriental chicken salad](#) + potstickers

thursday: leftovers

friday: [rachel sandwiches](#) + fresh fruit

saturday: takeout night

sunday: breakfast for dinner: scrambled eggs & smoothies

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## INGREDIENTS

- green grapes
- celery
- green onions
- fresh fruit (lots!)
- spaghetti sauce
- salad fixings
- romaine lettuce
- fried wonton strips
- frozen potstickers
- panini bread
- sliced turkey
- coleslaw mix
- swiss cheese

fridge/pantry/spice cupboard staples needed:  
salt, pepper, b/s chicken breasts, eggs, mayo, sour cream, dry mustard, yellow mustard, onion powder, celery salt, paprika, ground beef, bread crumbs, dried basil, dried oregano, dried parsley, dried minced onion, fresh garlic, spaghetti, canola oil, sugar, soy sauce, apple cider vinegar, ground ginger, tobasco sauce, sesame seeds, canned mandarin oranges, thousand island dressing, frozen fruit for smoothies, yogurt. ice