

this week for dinner™

week 407 menu

MENU (underlined words indicate hyperlinks to recipes)

monday: [swedish meatballs](#) + potatoes and lingonberries

tuesday: [pesto tortellini soup](#) + homemade bread

wednesday: [rachel sandwiches](#) + fresh fruit and chips

thursday: leftovers

friday: chicken caesar salad w/[homemade croutons](#)

saturday: eat out night

sunday: roasted veggie frittata + smoothies

INGREDIENTS

- salad fixings
- 9-oz package tortellini
- pesto
- ground beef, veal, pork
- onion
- veggies for roasting
- sour cream
- potatoes
- french bread (x2)
- deli turkey
- coleslaw mix
- swiss cheese
- fresh fruit
- romaine lettuce
- veggies for roasting
- juice

fridge/pantry/spice cupboard staples needed:
salt, pepper, flour, yeast, salt, fresh garlic,
butter, chicken broth, frozen mixed veggies,
fresh parmesan cheese, nutmeg, paprika,
bread crumbs, milk, butter, dry mustard, eggs,
tomato paste, beef bouillion, lingonberry
jam, thousand island dressing, chips, fresh
parmesan cheese, caesar salad, b/s chicken
breasts, smoothie fruit from freezer