

# this week for dinner™

## week 416 menu

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

monday: [veggie quiche](#) + fresh fruit

tuesday: [beef stroganoff](#) + broccoli

wednesday: [chicken caesar wraps](#) + fresh fruit and chips

thursday: leftovers

friday: [chili](#) + corn chips

saturday: take out night

sunday: breakfast for dinner

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## INGREDIENTS

- fresh fruit
- veggies for quiche
- refrigerated or frozen pie crust
- heavy cream
- eggs
- egg noodles
- 1 pound sirloin steak
- onion
- mushrooms
- broccoli
- tortillas
- romaine lettuce
- chips
- corn chips
- ground beef
- bell pepper

fridge/pantry/spice cupboard staples needed:  
salt, pepper, b/s chicken breasts (in freezer),  
butter, olive oil, beef bouillon, sour cream, dry  
mustard, nutmeg, cornstarch, paprika, croutons,  
caesar dressing, fresh garlic, can kidney beans,  
can baked beans, can diced tomatoes, salsa,  
tomato sauce, chili powder, cumin, flour, sugar,  
baking powder