

# this week for dinner™

## week 417 menu

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

monday: [beef stroganoff](#) + broccoli

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

wednesday: carnitas tacos with [rice](#) and [beans](#)

thursday: leftovers

friday: [stuffed peppers](#)

saturday: take out night

sunday: [swedish pancakes](#) + fresh fruit

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## INGREDIENTS

- egg noodles
- 1 pound sirloin steak
- onions
- mushrooms
- broccoli
- tortillas (for 2 meals)
- romaine lettuce
- chips
- pork shoulder
- jalapeno
- orange
- cilantro
- lime
- colorful bell peppers
- Italian sausage

- fresh parsley
- fresh fruit

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, oregano, cumin, fresh garlic,  
jasmine rice, dried beans, fresh parmesan,  
eggs, can tomato sauce, milk, flour, sugar