

this week for dinner™

week 421 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday:** chicken fried rice + potstickers
- tuesday:** penne in vodka sauce w/salad and garlic bread
- wednesday:** golden morccan lamb stew with rice
- thursday:** leftovers
- friday:** carnitas tacos with guacamole and chips
- saturday:** eat out night
- sunday:** leftover carnitas
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INGREDIENTS

- onions
- carrots
- green onions
- frozen potstickers
- penne pasta
- vodka sauce
- salad fixings
- bread for garlic bread
- lamb (should chops or stew meat)
- fresh ginger
- 3 large oranges
- orange juice
- pork shoulder
- jalapeno
- tortillas
- fresh cilantro
- avocados

fridge/pantry/spice cupboard staples needed:
b/s chicken breasts, salt, pepper, rice, corn, eggs,
soy sauce, sesame seeds, canola oil, butter, fresh
garlic, fresh parmesan cheese, cinnamon, cardamom,
cayenne pepper, cumin, cloves, ginger, coriander,
olive oil, dried apricots, can chickpeas, golden
raisins, chicken broth, honey, oregano, salsa, hot
sauce, corn chips, lime juice, garlic powder, onion
powder