**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