

# this week for dinner™

## week 424 menu

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

- monday: [chicken tortilla soup](#)
- tuesday: meatball subs + chips and raw veggies
- wednesday: fried rice + potstickers
- thursday: leftovers
- friday: [easy peasy bean tacos](#) + guacamole and chips
- saturday: eat out night
- sunday: [waffles](#) + home fries
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### INGREDIENTS

- onions
- green onions
- tomatoes
- fresh cilantro
- tortilla strip salad toppers
- avocados
- meatballs (trader joes frozen)
- marinara sauce
- mozzarella sauce
- hoagie rolls
- carrots
- lettuce
- tortillas
- fresh fruit
- potatoes
- bell pepper

fridge/pantry/spice cupboard staples needed:  
salt, pepper, fresh garlic, chicken bouillion, frozen corn, chicken breast, can black beans, lime, cayenne pepper, chili powder, cumin, shredded cheese, sour cream, chips, jasmine rice, soy sauce, cooking oil, eggs, sesame seeds, can refried beans, tortilla chips, flour, sugar, baking powder, milk, butter, vanilla extract