

# this week for dinner™

## week 426 menu

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

- monday: [oriental chicken salad](#)
- tuesday: fried rice + potstickers
- wednesday: [cilantro sour cream enchiladas](#)
- thursday: leftovers
- friday: [rachel sandwiches](#) + fresh fruit and chips
- saturday: eat out night
- sunday: [island pork with sticky coconut rice](#) + broccolini
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### INGREDIENTS

- onions
- green onion
- carrots
- romaine lettuce
- almonds
- pork tenderloin
- coconut milk
- fresh cilantro
- bell pepper
- flour tortillas
- green salsa
- tomatoes
- avocado
- french bread
- sliced turkey
- coleslaw

- fresh fruit
- chips
- swiss cheese

fridge/pantry/spice cupboard staples needed:  
salt, pepper, jasmine rice, soy sauce, cooking oil, eggs, sesame seeds, chicken breasts, fresh garlic, ground ginger, sesame oil, potstickers (freezer), chow mein noodles, can mandarin oranges, poppyseed dressing, olive oil, ground cumin, chili powder, cinnamon, brown sugar, tabasco, sugar, milk, sour cream, can green chilies, cheese, thousand island dressing