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

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

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