

# this week for dinner™

## week 431 menu

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

monday: [bertucci's tortellini](#) + veggie and bread

tuesday: homemade hamburgers with chips and salad

wednesday: [stuffed peppers](#) with salad

thursday: leftovers

friday: eat out night

saturday: bbq chicken on grill with salad

sunday: breakfast for dinner: [waffles](#), eggs, fruit

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## INGREDIENTS

- salad fixings
- red bell peppers
- onion
- sweet italian sausage (2 meals)
- fresh parsley
- ground beef
- hamburger buns
- mushrooms (2 meals)
- fresh cheese tortellini
- cream
- crusty bread (2 loaves)
- side veggie
- fresh fruit

fridge/pantry/spice cupboard staples needed:  
salt, pepper, rice, olive oil, fresh parmesan cheese,  
egg, 2 cans tomato sauce, cheese, chips, fresh  
garlic, can whole tomatoes, sugar, chicken (freezer),  
canola oil, baking powder, milk, butter, vanilla  
extract