### MENU

(underlined words indicate hyperlinks to recipes)

**Monday:** green noodles (aka No. 3) + garlic bread and salad

**Tuesday:** taco night

**Wednesday:** pesto tortellini soup with crusty bread

**Thursday:** leftovers

**Friday:** eat out night (I leave for Africa!)

**Saturday:** eat out night (Yep, again)

**Sunday:** english muffin pizzas

### INGREDIENTS

- carrots
- celery
- onions
- fresh fettuccine
- mushrooms
- prosciutto
- feta cheese
- pesto
- salad fixings (including lettuce & tomato)
- fresh fruit
- loaf french bread (2)
- tortillas
- b/s chicken thighs
- bell pepper
- cilantro
- fresh tortellini
- avocados
- corn chips
- english muffins
- mozzarella cheese
- pizza toppings

fridge/pantry/spice cupboard staples needed:
- salt, pepper, chicken breasts, ground beef, milk, flour, sugar, butter, fresh parmesan cheese, fresh garlic, chicken broth, frozen mixed veggies, beans, rice, salsa, pizza sauce

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