MENU (underlined words indicate hyperlinks to recipes)

monday: sausage, pepper and onion subs

tuesday: mac & cheese + salad

wednesday: pancakes + fruit salad

thursday: chicken caesar wraps + chips

friday: eat out night

saturday: hamburgers on the grill + veggies

sunday: leftovers

INGREDIENTS

- sausage
- bell pepper
- onion
- sub rolls
- fresh fruit
- frozen Trader Joes mac & cheese
- salad fixings
- romaine lettuce
- croutons
- flour tortillas
- hamburger buns
- hamburger toppings
- fresh veggies to eat raw

fridge/pantry/spice cupboard staples needed:
salt, pepper, chips, flour, sugar, eggs, milk,
baking powder, salt, vanilla, chicken breasts,
caesar dressing, fresh parmesan cheese,
ground beef

copyright © 2014 jane maynard & this week for dinner™