MENU (underlined words indicate hyperlinks to recipes)

Monday: **asian spinach salad**

Tuesday: **caprese paninis + chips**

Wednesday: **chili**

Thursday: **food truck night at the school!**

Friday: **leftovers**

Saturday: **curried coconut soup**

Sunday: **chicken vindaloo with rice, broccoli and naan**

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**INGREDIENTS**

- potato chips
- spinach
- bean sprouts
- panini bread
- fresh mozzarella cheese
- fresh basil
- tomatoes
- onion
- bell pepper
- fresh fruit
- onion
- 1 can light coconut milk
- cauliflower
- carrots
- broccoli
- naan bread

fridge/pantry/spice cupboard staples needed:
- salt, pepper, bowtie pasta, sesame seeds, sunflower seeds, canned water chestnuts, b/s chicken breasts, canola oil, sugar, sesame oil, soy sauce, rice vinegar, fresh garlic, mayonnaise, thyme, ground beef, can kidney beans, can baked beans, 2 cans petite diced tomatoes, salsa, chili powder, cumin, cayenne pepper, canola oil, curry powder, paprika, chicken broth, can chickpeas, frozen peas, frozen spinach, costco vindaloo simmer sauce, rice,