

# this week for dinner™

## week 455 menu

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

- monday:**      [grammys orange chicken](#) + rice and veggie
- tuesday:**    [malibu melt wraps](#) + fruit and chips
- wednesday:** korean bbq tacos
- thursday:**   leftovers
- friday:**        penne in vodka sauce + salad and garlic bread
- saturday:**    take out night
- sunday:**        breakfast for dinner: bacon, eggs and milk toast

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## INGREDIENTS

### grocery store list:

- fresh fruit
- orange juice
- veggie
- chicken tenders
- romaine lettuce
- tomatoes
- flour tortillas (2 meals)
- mozzarella cheese
- avocado
- bacon
- chuck or round roast
- apple juice
- sour cream
- coleslaw
- jarred vodka sauce
- salad fixings
- loaf french bread

### pantry/fridge/freezer items:

- salt & pepper
- b/s chicken breasts (freezer)
- flour
- butter
- brown sugar
- vinegar
- nutmeg
- dried basil
- ground ginger
- canned mandarin oranges
- rice
- honey mustard dressing
- eggs
- soy sauce
- sugar
- sesame oil
- canola oil
- fresh garlic
- cornstarch
- red pepper flakes
- ground ginger
- penne
- butter
- milk
- vanilla extract
- flour