

this week for dinner™

week 463 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday: [baked stuffed winter squash](#)
- tuesday: [green noodles](#) with salad and [garlic bread](#)
- wednesday: [chicken caesar wraps](#) with fresh fruit
- thursday: leftovers
- friday: [sweet potato and black bean burritos](#)
- saturday: take out night
- sunday: [chicken soup with rice](#)

INGREDIENTS

grocery store list:

- acorn squash (5)
- pears
- shallot
- apple cider
- spinach fettuccine
- mushrooms
- prosciutto
- pesto
- cream
- feta cheese
- french bread
- flour tortillas
- romaine lettuce
- croutons
- fresh fruit
- sweet potatoes
- onion
- coleslaw mix
- cilantro
- jalapeno
- carrots

pantry/fridge/freezer items:

- salt & pepper
- wild rice
- canola oil
- dried cranberries
- chicken breasts
- butter
- fresh garlic
- dried parsley
- dried basil
- dried oregano
- fresh parmesan cheese
- caesar dressing
- olive oil
- chili powder
- ground cumin
- can black beans
- vinegar
- sugar
- bay leaves
- chicken broth
- rice
- cornstarch
- frozen peas