this week for dinner™

week 464 menu

MENU  (underlined words indicate hyperlinks to recipes)

monday:    BLTs with chips, salsa and fresh fruit

TUESDAY:  chicken soup with rice

WEDNESDAY: steak with crispy rosemary potatoes

THURSDAY: out to dinner!

FRIDAY: leftovers

SATURDAY: taco night

SUNDAY: waffles and smoothies

INGREDIENTS

grocery store list:

- bread for BLTs
- bacon
- romaine
- tomatoes
- fruit
- tortilla chips
- onion
- carrots
- steaks
- red potatoes
- tortillas
- avocados
- juice for smoothies

pantry/fridge/freezer items:

- salt & pepper
- salsa
- chicken breasts
- rice
- chicken broth
- cornstarch
- frozen peas
- cornmeal
- olive oil
- fresh rosemary
- fresh garlic
- sour cream
- cheese
- beans
- flour
- sugar
- baking powder
- milk
- eggs
- butter
- vanilla extract
- frozen fruit for smoothies

copyright © 2014 jane maynard & this week for dinner™