this week for dinner™

MENU (underlined words indicate hyperlinks to recipes)

Monday: malibu melt wraps
Tuesday: chicken kai pa lo
Wednesday: homemade pizza
Thursday: leftovers
Friday: omelettes and fresh fruit
Saturday: take out night
Sunday: curry in a hurry with rice and veggie

INGREDIENTS

grocery store list:
- flour tortillas, burrito size
- frozen chicken tenders
- tomatoes
- romaine lettuce
- avocados
- pizza toppings
- eggs
- onions
- green onions
- omelette fixings
- fresh fruit
- spinach
- fresh side veggie

pantry/fridge/freezer items:
- salt & pepper
- mozzarella cheese
- honey mustard dressing
- flour
- active dry yeast
- olive oil
- sugar
- canola oil
- fresh garlic
- soy sauce
- garlic powder
- white pepper
- chicken thighs (freezer)
- chicken stock
- brown sugar
- Chinese five spice
- curry powder
- garam masala
- red chiles
- unsweetened coconut milk
- can diced tomatoes
- tomato paste
- chicken breasts (freezer)
- rice

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