

# this week for dinner™

## week 479 menu

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

monday: [bertuccis tortellini](#)

tuesday: loaded nachos

wednesday: chicken stir fry

thursday: leftovers

friday: BLTs

saturday: take out night

sunday: camping food tbd

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## INGREDIENTS

### grocery store list:

- Italian sausage
- mushrooms
- cream
- fresh tortellini
- fresh basil
- tortilla chips
- cheese
- avocados
- tomatoes
- frozen stir fry veggies
- bacon
- lettuce
- good bread for BLTs

### pantry/fridge/freezer items:

- salt & pepper
- fresh garlic
- can whole tomatoes
- sugar
- parmesan cheese
- beans
- salsa
- b/s chicken breasts
- rice
- teriyaki sauce