MENU (underlined words indicate hyperlinks to recipes)

**Monday:** grilled salmon with rice & veggie

**Tuesday:** eat out night

**Wednesday:** loaded chicken nachos

**Thursday:** dinner at school open house!

**Friday:** BLTs

**Saturday:** asian chicken salad

**Sunday:** quiche and fresh fruit

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**INGREDIENTS**

**Grocery Store List:**
- salmon
- wild rice mix
- side vegetable
- tortilla chips
- avocados
- bacon
- crusty bread
- lettuce (for 2 meals)
- tomatoes
- crispy wonton salad
toppers
- green onions
- eggs
- quiche veggies
- fresh fruit

**Pantry/Fridge/Freezer Items:**
- salt & pepper
- b/s chicken breasts (Freezer)
- pinto beans
- cheese
- salsa
- mayonnaise
- salad dressing
- canned mandarin oranges
- almonds
- flour
- butter

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