MENU  (underlined words indicate hyperlinks to recipes)

**monday:** teriyaki chicken with rice and broccoli

**tuesday:** malibu melt wraps with fresh fruit

**wednesday:** chicken tortilla soup

**thursday:** leftovers

**friday:** BLTs

**saturday:** eat out night

**sunday:** grilled salmon tacos

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INGREDIENTS

grocery store list:
- broccoli
- frozen chicken tenders
- romaine lettuce
- tomatoes
- avocados
- fresh fruit
- tortillas
- onion
- green onions
- lime
- cilantro
- tortilla strips salad toppers
- bacon
- good sandwich bread
- salmon filet
- coleslaw mix
- jalapeno pepper

pantry/fridge/freezer items:
- salt & pepper
- b/s chicken breasts (Freezer)
- rice
- soy sauce
- sugar
- garlic powder
- ground ginger
- red wine vinegar
- oil
- honey mustard dressing
- fresh garlic
- chicken broth
- frozen corn
- can black beans
- cayenne pepper
- chili powder
- cumin

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\[\text{copyright } \odot 2016 \text{ jane maynard & this week for dinner}^{\text{TM}}\]