

this week for dinner™

week 499 menu

MENU (underlined words indicate hyperlinks to recipes)

- monday:** carnitas tacos + guacamole and chips
- tuesday:** asian chicken salad
- wednesday:** hot dogs & brats plus fresh fruit
- thursday:** leftovers
- friday:** rachel sandwiches
- saturday:** takeout night
- sunday:** breakfast for dinner (waffles + smoothies)
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INGREDIENTS

- | | | |
|-----------------------------|-----------------------|---------------------------------|
| ■ fresh fruit | ■ onion | fridge/pantry/spice cupboard |
| ■ romaine lettuce | ■ deli turkey | staples needed: |
| ■ 2 1/2 lb bone-in pork | ■ good sandwich bread | ■ salt & pepper |
| ■ shoulder | ■ coleslaw mix | ■ b/s chicken breasts (freezer) |
| ■ jalapeno | ■ chips | ■ hot sauce |
| ■ orange | ■ swiss cheese | ■ canned mandarin oranges |
| ■ avocados | ■ juice | ■ asian or poppyseed dressing |
| ■ salsa | ■ bacon | ■ almonds |
| ■ tortillas | | ■ thousand island dressing |
| ■ cilantro | | ■ frozen fruit |
| ■ crispy fried wonton salad | | ■ flour |
| ■ toppers | | ■ sugar |
| ■ green onions | | ■ baking powder |
| ■ hot dogs & brats | | ■ milk |
| ■ buns | | ■ eggs |
| ■ bell pepper | | ■ butter |