

# this week for dinner™

## week 509 menu

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

- monday:       tacos
- tuesday:       creamy chicken & broccoli pasta with salad
- wednesday:   chili
- thursday:     leftovers
- friday:        steak, roasted fingerling potatoes and a vegetable
- saturday:     leftovers and/or eat out night
- sunday:       eat out - daytrip to julian, ca
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### INGREDIENTS

- fresh fruit
- tortillas
- lettuce
- tomato
- avocados
- broccoli (x2)
- white wine
- cream
- onions
- bell peppers
- tortilla chips
- salad fixings
- side vegetable
- fingerling potatoes

#### in the fridge/freezer/pantry:

- salt & pepper
- b/s chicken breasts
- salsa
- beans
- olive oil
- fresh parmesan cheese
- pasta
- ground beef
- chili beans
- canned tomatoes
- tomato sauce
- cumin
- chili powder
- steaks (freezer)
- salad dressing