

# this week for dinner™

## week 512 menu

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

monday: corner bakery cafe - kids eat free night!

tuesday: [pesto chicken salad sandwiches](#)

wednesday: spaghetti bolognese and salad

thursday: sausage with red beans and rice

friday: leftovers

saturday: takeout night

sunday: breakfast for dinner: [waffles](#) and smoothies

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## INGREDIENTS

- ground beef
- garlic bread
- sandwich rolls
- salad fixings
- pesto
- fresh fruit
- carrots
- romaine lettuce
- rice & beans mix
- sausages
- eggs
- milk
- juice

in the fridge/freezer/pantry:

- salt and pepper
- spaghetti
- pasta sauce
- chicken breasts
- mayonaise
- flour
- sugar
- baking powder
- butter
- vanilla extract
- frozen fruit