

# WEEKLY MENU # 521

this week  
for dinner™

- MONDAY** dinner salad topped with [grilled salmon](#)
- TUESDAY** chicken stir fry
- WEDNESDAY** eat out night
- THURSDAY** [baked ziti](#) and salad
- FRIDAY** leftovers
- SATURDAY** [sausage, pepper and onion hoagies](#)
- SUNDAY** [chili](#)

## INGREDIENT LIST

### grocery store:

- lettuce
- salad veggies
- salmon fillet
- frozen stir fry veggies
- ziti
- fresh basil
- spinach
- onion
- ricotta cheese
- fresh mozzarella
- crusty bread
- good pasta sauce
- Italian sausage
- bell peppers
- tomatoes
- hoagie rolls
- ground beef
- tortilla chips

### at home:

- salt & pepper
- olive oil
- brown sugar
- paprika
- cayenne pepper
- cumin
- garlic powder
- onion powder
- salad dressing
- soy sauce
- ground ginger
- rice
- fresh garlic
- fresh parmesan
- can kidney beans
- can mixed beans
- can tomato sauce
- can diced tomatoes
- salsa
- chili powder