

# WEEKLY MENU # 522

this week  
for dinner™

- MONDAY**     chicken kai pa lo
- TUESDAY**     tortilla soup
- WEDNESDAY**     pot roast with mashed potatoes and salad
- THURSDAY**     leftovers
- FRIDAY**     pat's asian chicken salad
- SATURDAY**     eat out night
- SUNDAY**     breakfast for dinner: veggie scramble & smoothies

## INGREDIENT LIST

### grocery store:

- onions
- eggs
- green onions
- tomatoes
- can black beans
- lime
- fresh cilantro
- tortilla strip salad toppers
- avocado
- colby jack cheese
- sour cream
- chuck roast
- can beef consommé
- romaine lettuce
- crispy chow mein noodles
- can mandarin oranges
- slivered almonds
- fruit juice
- plain yogurt
- veggies for roasting

### at home:

- salt & pepper
- canola oil
- fresh garlic
- soy sauce
- garlic powder
- pepper
- chicken breasts & thighs (freezer)
- chicken bouillon
- brown sugar
- chinese five spice
- chicken broth
- frozen corn
- cayenne pepper
- chili powder
- cumin
- poppyseed or asian salad dressing
- frozen fruit