WEEKLY MENU #522

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 consumme
- romaine lettuce
- crispy chow mein noodles
- can mandarin oranges
- slivered almonds
- fruit juice
- plain yogurt
- veggies for roasting
- 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

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