WEEKLY MENU #538

MONDAY  spaghetti
TUESDAY  chicken tortilla soup
WEDNESDAY hamburgers
THURSDAY leftovers
FRIDAY  roasted vegetable scrambles
SATURDAY eat out night
SUNDAY  tri-tip and roasted vegetables

INGREDIENT LIST

grocery store:
- spaghetti
- pasta sauce
- salad fixings
- lime
- fresh cilantro
- tomatoes
- tortilla strips
- avocado
- sour cream
- cheese
- ground beef
- hamburger buns
- fresh fruit
- chips
- roasting vegetables
- eggs
- juice

at home:
- tri-tip roast
- crusty bread
- salt & pepper
- 2 cans diced tomatoes
- chili powder
- cumin
- paprika
- fresh garlic
- chicken broth
- can black beans
- frozen corn
- chicken
- cayenne pepper
- frozen smoothie fruit