WEEKLY MENU #541

**MONDAY**  spaghetti bolognese

**TUESDAY**  coras ground beef tacos

**WEDNESDAY**  roasted vegetable scrambles with smoothies

**THURSDAY**  leftovers

**FRIDAY**  eat out night

**SATURDAY**  visiting friends

**SUNDAY**  caprese paninis

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**INGREDIENT LIST**

**grocery store:**
- spaghetti
- ground beef (x2)
- bacon
- carrots
- celery
- onions
- cream
- crusty bread
- vegetables for roasting
- hard taco shells
- fresh cilantro
- grape tomatoes
- lettuce
- sour cream
- salsa
- avocados
- eggs

**at home:**
- juice
- panini bread
- fresh mozzarella
- fresh basil
- chips
- salt & pepper
- olive oil
- fresh garlic
- sage
- parsley
- bay leaf
- oregano
- red wine
- 2 cans diced tomatoes
- chicken broth
- cumin
- chili powder
- paprika
- garlic powder
- onion powder
- frozen fruit

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