

# WEEKLY MENU #553

this week  
for dinner™

- MONDAY**     [pancakes](#) and eggs
- TUESDAY**     [chicken caesar wraps](#)
- WEDNESDAY**     roasted chicken and vegetables
- THURSDAY**     [chicken soup with rice](#)
- FRIDAY**     grilled brats with salad and watermelon
- SATURDAY**     eat out / leftovers
- SUNDAY**     [broccoli cheese soup](#)
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## INGREDIENT LIST

### grocery store:

- flour tortillas
- romaine lettuce
- croutons
- whole chicken
- vegetables for roasting
- baguette
- whole chicken breasts
- onion
- carrots
- salad fixings
- brats
- hoagie rolls
- watermelon
- half & half
- cheddar cheese
- frozen broccoli

### at home:

- salt & pepper
- whole wheat flour
- sugar
- baking powder
- baking soda
- eggs
- butter
- milk
- vinegar or lemon juice
- chicken breasts
- fresh parmesan
- caesar dressing
- rice
- frozen peas
- cornstarch
- chicken stock/broth
- butter