MONDAY  cashew chicken with broccoli
TUESDAY  halloween soup buffet
WEDNESDAY  skillet lasagna with house salad
THURSDAY  sheet pan teriyaki salmon with green beans
FRIDAY  shrimp scampi
SATURDAY  leftovers
SUNDAY  pulled pork sandwiches + coleslaw + classic pound cake

INGREDIENT LIST

**grocery store:**
- b/s chicken breasts
- fresh ginger
- fresh garlic
- raw cashews
- green onions
- broccoli
- ingredients for your favorite soups!
- yellow onion
- ground beef
- lasagna noodles
- fresh parmesan
- ricotta cheese
- salad fixings
- salmon filets
- green beans
- linguine
- shrimp
- red onion
- lemon
- fresh parsley

**pork shoulder blade**
- roast
- cabbage
- carrots
- sweet onion

**at home:**
- salt & pepper
- cornstarch
- coconut oil
- soy sauce
- rice wine vinegar
- tomato paste
- honey
- red pepper flakes
- rice
- olive oil
- butter
- oregano
- tomato sauce
- teriyaki sauce
- chicken stock or white wine
- worcestershire sauce
- BBQ sauce
- mayonnaise
- buttermilk
- white vinegar
- sugar
- celery seed
- vegetable shortening
- eggs
- all-purpose flour
- self-rising flour
- milk
- vanilla extract

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