

Week 20
MEAL PLAN
May 20 - 26

MONDAY

Bean & Cheese Burritos
Spanish Rice
Oranges

TUESDAY

~Leftovers~
Bratwurst

WEDNESDAY

Italian Chicken & Broccoli
Tossed Salad
Garlic Toast

THURSDAY

~Leftovers~
Bean & Cheese Burritos
Italian Chicken & Broccoli

FRIDAY

Slow Cooker
Chicken & Dumplings

SATURDAY

Mushroom & Spinach Lasagna
Tossed Salad
Garlic Toast

SUNDAY

Salmon Patties
Buttered Noodles
Brussels Sprouts
Chocolate Pudding

SHOPPING LIST

Produce

4 oranges
 3 bag salad
 1 lb portobello mushrooms
 4 cups spinach

Meat

2 lb chicken breast
 1 lb sweet Italian sausage

Frozen

3 pkg garlic toast (8)
 1 lb broccoli
 6 oz mixed vegetables
 1 lb Brussels sprouts

Refrigerated/Dairy

8 oz cheddar cheese, shredded
 12 oz heavy whipping cream
 10 oz Parmesan cheese, grated
 1 biscuits (10 ct)
 8 oz mozzarella cheese, shred

Canned

1 (10oz) cream of chicken soup
 1 (14.75oz) can salmon

Dry/Baking

2 pkg Spanish rice
 1 (16oz) bow tie pasta
 8 oz lasagna noodles
 1 pkg chocolate pudding

Bread/Bakery

2 pkg 10" flour tortillas (8)

Pantry

refried beans
 taco sauce/salsa
 salad dressing
 olive oil
 onion
 chicken stock
 garlic salt
 poultry seasoning
 salt
 pepper
 garlic
 kosher salt
 flour
 vegetable stock
 eggs
 brown mustard
 bread crumbs
 vegetable oil
 egg noodles
 butter
 milk

Miscellaneous