

SUMMERTIME ROTATING MENU

Week #1

TUESDAY

Grilled Chicken Cobb Salad

THURSDAY

SC Pulled Pork Sandwich
Coleslaw
Beans

SATURDAY

-LEFTOVERS-
Pulled Pork Sandwiches
Coleslaw
Beans

MONDAY

Spinach Frittata
Toast
Orange Slices

WEDNESDAY

Hot Dogs
Baked Beans
Chips

FRIDAY

Fish Tacos
Spanish Rice

Cut the fish taco recipe in half.

SUNDAY

Oven Roasted Chicken
Mashed Potatoes
Corn
Biscuits
Fruit Pizza

Cut the fruit pizza recipe in half

SHOPPING LIST

Produce

4 oranges
6 cups romaine lettuce
1 cup cherry tomatoes
1 avocado
1 head cabbage
1 carrot
2 lb potatoes
4 oz raspberries
4 oz blackberries
4 oz blueberries

Meat

2 chicken breasts
1 pkg bacon
1 pkg hot dogs
2 lb pork butt roast
6 lb chicken, whole

Frozen

1 pkg spinach
fish sticks (16)
1 pkg corn

Refrigerated/Dairy

1 cup cheddar cheese
2 ounces Parmesan cheese
2 ounces Greek yogurt
1 roll biscuits
1 pkg sugar cookie dough
1 pkg cream cheese
6 oz raspberry yogurt

Canned

1 can anchovy fillets
2 can baked beans
1 can pineapple chunks

Dry/Baking

1 pkg Spanish rice
¼ cup shredded coconut

Bread/Bakery

1 loaf bread
1 pkg croutons
1 pkg hot dog buns
1 pkg hamburger buns
corn tortillas (8)

Pantry

butter
olive oil
onion
eggs
milk
basil
garlic
lemon juice
oregano
Salt & pepper
mayonnaise
barbecue sauce
sugar
vinegar
vegetable oil
paprika
onion powder
garlic powder
chili powder
ketchup
mustard
relish

Miscellaneous

1 bag potato chips