

SUMMERTIME ROTATING MENU

Week #3

TUESDAY

Oriental Chicken Salad

THURSDAY

PC Beef Broccoli
White Rice

SATURDAY

-LEFTOVERS-
Beef Broccoli
White Rice

MONDAY

Burrito Bowl
Chips & Salsa

WEDNESDAY

Western Bacon Hot Dogs
Baked Beans
Chips

FRIDAY

Chicken & Waffle Sandwich
French Fries
Apple Slices

SUNDAY

Meatloaf
Grilled Potatoes
Corn on Cob

Chocolate Eclair Pudding

SHOPPING LIST

Produce

1 avocado
2 bunch Romaine lettuce
1 sm red cabbage
1 sm napa cabbage
1 carrot
1 cucumber
broccoli (4 cups)
parsley
4 apples
8 potatoes
4 Corn on Cob

Meat

2 chicken breasts
1 pkg all-beef hot dogs
12 oz thick-cut bacon
3 lb flank steak
4 deli fried chicken breasts
4 med potatoes
2 lb lean ground beef
1 lb ground pork

Frozen

1 bag corn (16oz)
1 bag onion rings
Waffles (8)
1 cool whip (8oz)

Refrigerated/Dairy

1 pkg American cheese

Canned

1 can pinto beans (19 oz)
1 can baked beans
1 Smucker's Magic Shell

Dry/Baking

3 T sliced almonds
¼ dry chow mein
1 pkg instant vanilla pudding

Bread/Bakery

1 pkg hot dog buns
1 pkg lady fingers (3oz)

Pantry

brown rice
salsa
honey
rice wine vinegar
mayonnaise
dijon mustard
sesame oil
egg
milk
flour
panko
pepper
vegetable oil
barbecue sauce
garlic
soy sauce
beef broth
brown sugar
cornstarch
white rice
whole grain mustard
Italian seasoning
tobasco sauce
Salt & pepper
celery
onion
yellow mustard
garlic powder
paprika
dried basil
ketchup

Miscellaneous

1 bag tortilla chips
1 bag potato chips

*or use leftovers