

SUMMERTIME ROTATING MENU

Week #4

TUESDAY

-LEFTOVERS-
Meatloaf
Mashed Potatoes
Corn

THURSDAY

PC Lemon Herb Chicken
Buttered Egg Noodles
Green Beans

SATURDAY

-LEFTOVERS-
Lemon Herb Chicken
Parmesan Noodles
Green Beans

MONDAY

Baked Cheese Omelet
Simple Flatbread

WEDNESDAY

Jalapeno Popper Pasta

FRIDAY

Fish Sandwich
Jalapeno Popper Pasta
Cantaloupe Wedges

SUNDAY

Soy Ginger Salmon
Rice Pilaf
Broccoli

Peaches & Cream
Jello Salad

SHOPPING LIST

Produce

3-4 jalapenos
1 lemon
parsley
lettuce
1 tomato
1 cantaloupe
ginger
broccoli
4-5 peaches

Meat

12 oz bacon
8 boneless chicken thighs
1 lb salmon
green onions

Frozen

2 bags green beans
1 beer batter fish fillets

Refrigerated/Dairy

8 oz. cheddar cheese, shredded
6 oz plain Greek yogurt
4 oz peper jack cheese, shred
1 qt. heavy whipping cream
American cheese

Canned

12 oz jalapeno ranch dressing
1 jar tartar sauce
1 jar siracha

Dry/Baking

1 lb rotini pasta
1 pkg garlic croutons
1 lb egg noodles
1 bx rice pilaf
unflavored gelatin

Pantry

eggs (8)
milk
Salt & pepper
onion (1)
self-rising flour
garlic powder
paprika
red chili flakes
olive oil
butter
garlic
Italian seasoning
chicken broth
soy sauce
rice vinegar
honey
olive oil
sesame seeds
cinnamon
sugar
brown sugar
powder sugar
vanilla

Miscellaneous

1 bag prezels
prosecco or white grape juice

Bread/Bakery

*or use leftovers