

SUMMERTIME ROTATING MENU

Week #5

MONDAY

Eggplant Casserole
Tossed Salad
Garlic Toast

TUESDAY

Chorizo Potato Salad

WEDNESDAY

Spaghetti
Tossed Salad
Garlic Toast

THURSDAY

Carnitas
Refried Beans
Spanish Rice

FRIDAY

Ham & Cheese Sliders
Potato Salad
Grapes

SATURDAY

Beer Batter Fish
Chips
Corn on Cob

SUNDAY

BBQ Chicken
Leftover Potato Salad
Grilled Asparagus

Sherbet Watermelon

SHOPPING LIST

Produce

1 lg eggplant
2 bag salad
2 lb potatoes
½ lb green beans
1 sm bunch green onions
1 bunch parsley
1 avocado
grapes
4 ears of corn
1 lb asparagus

Meat

8oz chorizo
1 ½ lb boneless pork loin/chops
8 oz smoked deli ham, shaved
4-6 chicken thighs

Frozen

4 beer battered fish fillets
1 bag french fries
32 oz lime sherbet
32 oz pineapple sherbet
32 oz raspberry sherbet

Refrigerated/Dairy

1 cup mozzarella cheese
Parmesan cheese
4 slices Swiss cheese

Canned

2 jars marinara/spaghetti sauce
1 can refried beans

Dry/Baking

1 lb spaghetti noodles
1 bx Spanish rice
mini chocolate chips

Bread/Bakery

1 loaf Italian bread
1 pkg flour tortillas
8 slider or 4 hamburger buns

Pantry

cooking spray
kosher salt
black pepper
garlic powder
butter
garlic
salad dressing
balsamic vinegar
eggs
salt
chili powder
ground cumin
oregano
onion
vegetable oil
salsa
Dijon mustard
mayonnaise
yellow mustard
celery
eggs
paprika
barbecue sauce
green food coloring
red food coloring

Miscellaneous

*or use leftovers