

**WEEK 3**  
**SUMMER**  
**ROTATING MENU**  
JUNE | JULY | AUGUST

**THURSDAY**

**Instant Pot  
Beef Broccoli**

**MONDAY**

**Burrito Bowls  
Tortilla Chips  
Salsa**

**FRIDAY**

**Fried Chicken Salad  
& Waffles  
Easy Potato Salad  
Apple**

**TUESDAY**

**Applebee's Oriental  
Chicken Salad**

**SATURDAY**

**Leftovers,  
New Recipe, or  
Dine Out**

\*Instant Pot Beef Broccoli  
\*Pork Tenderloin (Wk. 2)

**WEDNESDAY**

**Western Bacon  
Hot Dogs  
Baked Beans  
Potato Chips**

**SUNDAY**

**Grilled Meatloaf  
Grilled Potatoes  
Corn on the Cob  
Chocolate Eclair  
Pudding**

**SHOPPING LIST**

**Produce**

1 avocado  
6 cups romaine lettuce  
1/2 cup red cabbage  
1/2 cup napa cabbage  
1 carrot\*  
4 cups broccoli  
garlic\*  
3 stalks celery\*  
2 green onions  
parsley, fresh  
7lb potatoes\*  
1 lg onion\*  
4 apples  
4 ears of corn

**Meat**

2 chicken breasts  
1 pkg all-beef hot dogs  
8 slices thick bacon  
3 lb flank steak  
2 cups chicken, cubed  
2 lb ground beef  
1 lb ground pork

**Refrigerated/Dairy**

5 eggs\*  
3 1/2 cup milk\*  
8 slices American cheese  
3 tbsp butter\*

**Frozen**

1 bag onion rings  
8 waffles  
8oz Cool whip

**Canned**

19oz can pinto beans\*  
2 cans corn\*  
2 cups salsa\*  
hickory smoked BBQ sauce\*  
1 can baked beans

**Dry/Baking**

1 cup brown rice, dry\*  
1 cup flour\*  
3 cup panko\*  
3 tbsp almond slices\*  
1/3 cup brown sugar\*  
3 tbsp cornstarch  
2 cups white rice\*  
1 (3.4oz) vanilla pudding

**Spices/Pantry**

rice wine vinegar\*  
honey\*  
sesame oil\*  
salt\*  
pepper\*  
3 cup vegetable oil\*  
soy sauce\*  
beef broth\*  
Italian seasoning\*  
garlic powder\*  
paprika\*  
dried basil\*

**Condiments**

1 1/2 cups mayonnaise\*  
1 tsp dijon mustard\*  
3 tbsp whole grain mustard  
1/8 tsp tobasco sauce  
1 tbsp mustard\*  
ketchup\*

**Bread/Bakery**

1 pkg hot dog buns

**Miscellaneous**

1 bag tortilla chips  
1 bag potato chips  
1 pkg lady fingers  
Smuckers Magic Shell