

FALL ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

Week 2

SUNDAY

Roast
Caramelized Carrots
Hasselback Potatoes
Drop Biscuits

MONDAY

TUESDAY

Chicken & Dumplings
Salad

WEDNESDAY

Mushroom Quesadillas
Refried Beans
Chips & Salsa

THURSDAY

Zuppa Toscana
Salad
Bagettes

FRIDAY

Hamburger Green
Bean Casserole
Roasted Potatoes

SATURDAY

SHOPPING LIST

Produce

1 lemon
7 Granny Smith apples
1 bag Russet potatoes (10 lb)
1 bunch kale
14 clove garlic
16 oz Portobello mushrooms
16 oz green beans
2 bag salad mix
2 lb carrots
2 med tomato
4 med onion
celery

Meat

3 lb eye of round roast
1 lb chicken
1 lb ground beef
1 lb sweet Italian sausage

Frozen

16 oz broccoli

Refrigerated/Dairy

1 lb butter
16 oz milk
16 oz heavy whipping cream
2 lg eggs
3 oz sour cream
8 oz mozzarella cheese
8 oz Colby jack cheese

Canned

1 can refried beans
1 jar salsa
82 oz chicken broth

Baked Goods

2 baguette bread
8 flour tortilla (10-inch)

Dry Goods/Baking/Spices

2 ¼ tsp cumin
poultry seasoning
croutons

Miscellaneous

1 bag tortilla chips

Pantry

kosher salt
black pepper
salt
olive oil
all-purpose flour
baking powder
sugar
onion powder
garlic powder
dried parsley
salad dressing
sea salt
black pepper
worcestershiresauce
dried thyme
vegetable shortening
vinegar or vodka
brown sugar
cinnamon
nutmeg