

WEEK 3
FALL
ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

MONDAY

Leftovers,
New Recipe, or
Dine Out

*Leftovers from week 2

TUESDAY

Ham & Beans
Salad
Artisan Bread

WEDNESDAY

Spaghetti
Salad
Garlic Bread

THURSDAY

Loaded Potato Soup
Toasted Bread
Orange Slices

FRIDAY

Italian Chicken and
Broccoli
Italian Cucumbers
Garlic Bread

SATURDAY

Leftovers,
New Recipe, or
Dine Out

*Ham & Beans

SUNDAY

Roasted Chicken
Mashed Potatoes
Corn
Drop Biscuits
Pumpkin Cranberry
Bread Pudding

SHOPPING LIST

Produce

1 lb broccoli florets
3 med cucumbers
4 cloves garlic*
1 bunch green onions
4 med onions*
4 oranges
4 lb potatoes*
2-3 lb pumpkin (or canned)
2 bag salad
2 tomatoes

Meat

4+ slices bacon
1 lb chicken breast
6 lb whole chicken*
1 lb ground beef*
1 ham hock
1 lb sweet Italian sausage*

Frozen

1 bag corn*

Refrigerated/Dairy

1 1/2 sticks butter*
12 oz buttermilk
4+ oz cheddar cheese*
2 lg eggs*
6 oz half-and-half
8 oz heavy whipping cream
5 cups milk*
4 oz orange juice
8 oz sour cream*

Canned

28 oz beef broth*
28oz crushed tomatoes*
olive oil*

Dry Goods/Baking

1 box bow tie pasta (16 oz)
4 oz cranberries, dried*
1 pkg croutons
6 oz pecan, chopped*
1 lb pinto beans*
16oz spaghetti noodles*
all-purpose flour*
cornstarch*
dry-active yeast*
self-rising flour*
vegetable shortening*
sugar*

Spices/Pantry

chili powder*
cinnamon stick*
cumin*
garlic powder*
garlic salt
Italian seasoning*
kosher salt
onion powder*
paprika*
black pepper*
salt*

Condiments

Italian dressing
salad dressing (your choice)*
Parmesan cheese*

Bread/Bakery

1 loaf garlic bread
1 loaf raisin bread