

FALL ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

Week 3

MONDAY

WEDNESDAY

Spaghetti
Garlic Bread
Salad

FRIDAY

Italian Chicken & Broccoli
Italian Cucumbers
Garlic Bread

SUNDAY

Roasted Chicken
Mashed Potatoes
Corn
Biscuits
Pumpkin Bread Pudding

TUESDAY

Crockpot Ham & Beans
Artisan Bread
Salad

THURSDAY

Loaded Potato Soup
Toasted Bread
Orange Slices

SATURDAY

SHOPPING LIST

PRODUCE

1 lb broccoli florets
3 med cucumbers
4 cloves garlic
1 bunch green onions
4 med onion
4 oranges
4 lb potatoes
2-3 lb pumpkin
2 bag salad
2 tomato

MEAT

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

FROZEN

1 bag corn (12oz)

REFRIGERATED/DAIRY

1 ½ stick butter
12 oz buttermilk
4+ oz cheddar cheese
2 lg eggs
6 oz Half-and-half
8 oz heavy whipping cream
5 cup milk
4 oz orange juice
8 oz sour cream

CANNED

28 oz beef broth
1 can tomatoes, crushed (28 oz)

BREAD/BAKERY

1 loaf garlic bread
1 loaf raisin bread

DRY/BAKING/SPICES

1 box bow tie pasta (16 oz)
4 oz cranberries, dried
1 pkg croutons
6 oz pecans, chopped
1 lb pinto beans
1 pkg spaghetti noodles (16 oz)

PANTRY

All-purpose flour
chili powder
cinnamon stick
cornstarch
cumin
Dry-active yeast
garlic powder
garlic salt
Italian dressing
Italian seasoning
kosher salt
olive oil
onion powder
paprika
Parmesan cheese
pepper
salad dressing
salt
Self-rising flour
shortening
sugar