

WEEK 4  
**SUMMER**  
ROTATING MENU  
JUNE | JULY | AUGUST

**MONDAY**

Cheese Omelet  
Flatbread

**TUESDAY**

Hamburgers  
Baked Beans  
Potato Chips

**WEDNESDAY**

Jalapeno Popper  
Pasta Salad

**THURSDAY**

Lemon Herb Chicken  
Buttered Noodles  
Green Beans

**FRIDAY**

Fish Sandwich  
Jalapeno Pasta Salad  
Cantelope

**SATURDAY**

Leftovers,  
New Recipe, or  
Dine Out

\*Lemon Herb Chicken

**SUNDAY**

Soy Ginger Salmon  
Rice Pilaf  
Broccoli  
Peaches & Cream Jello

**SHOPPING LIST**

**Produce**

2 onions, sweet\*  
lettuce  
4 jalapenos  
7 garlic cloves\*  
1 lemon  
1 tomato  
1 sm cantelope  
ginger, fresh  
1 1/2 lb broccoli crowns  
4-5 peaches

**Meat**

4 hamburger patties  
10 slices bacon  
8 chicken thighs, boneless  
1 lb salmon, skin-on

**Frozen**

4 battered fish filets

**Refrigerated/Dairy**

8 lg eggs\*  
1 cup milk\*  
1 cup cheese, shredded  
3/4 cup Greek yogurt  
8 slices American cheese  
1/2 cup cheddar cheese  
1/2 cup pepper jack cheese  
3 sticks butter\*  
2 tbsp heavy cream  
16 oz heavy whipping cream

**Canned**

1 lg can baked beans  
lime juice\*  
1 lg can green beans  
1/3 cup chicken broth\*  
1 sm jar tarter sauce  
rice wine vinegar\*  
1/2 tsp garlic-chili paste

**Dry/Baking**

self-rising flour\*  
1 lb rotini pasta  
1 lb egg noodles\*  
1 bx rice pilaf  
cooking spray  
sugar\*  
brown sugar\*  
4 pkt unflavored gelatin  
powdered sugar\*  
vanilla extract\*

**Spices/Pantry**

seasoned salt\*  
salt\*  
pepper\*  
garlic powder\*  
paprika\*  
red chili flakes\*  
olive oil\*  
Italian seasoning\*  
sesame seeds

**Condiments**

ketchup  
mustard  
mayo  
1 cup Ranch dressing  
soy sauce\*  
honey\*

**Bread/Bakery**

1 pkg hamburger buns  
1 cup garlic croutons  
8 oz white grape juice

**Miscellaneous**

1 bag potato chips  
1 bg pretzels