

# WEEK 5

# SUMMER

## ROTATING MENU

JUNE | JULY | AUGUST

## MONDAY

Cheesy Eggplant  
Casserole  
Tossed Salad  
Garlic Toast

## TUESDAY

Chorizo Potato Salad

## WEDNESDAY

Spaghetti  
Tossed Salad  
Garlic Toast

## THURSDAY

Slow Cooker Carnitas  
Refried Beans  
Spanish Rice

## FRIDAY

Ham & Cheese Sliders  
Potato Salad  
Grapes

## SATURDAY

Fish & Chips  
Corn on the Cob

## SUNDAY

Barbecue Chicken  
Potato Salad\*  
Grilled Asparagus  
Sherbet Watermelon

\*Lemon Herb Chicken

## SHOPPING LIST

### Produce

1 lg eggplant  
2 salad bags  
1 pound potatoes\*  
7 oz green beans  
3 cloves garlic\*  
flat- leaf parsley  
green onions  
1 med onion\*  
2 cups grapes  
6 med potatoes\*  
1/2 med onion\*  
1 stalk celery\*  
4 ears corn  
1 lb asparagus

### Meat

6oz chorizo sausage  
1 lb ground beef  
1 1/2 lb pork tenderloin  
8 oz smoked ham, thin  
5 lb chicken thighs, bone-in\*

### Frozen

1 pkg frozen fish filets (8)  
1 sm bag French fries  
32 oz lime sherbet  
32 oz pineapple sherbet  
32 oz raspberry sherbet

### Refrigerated/Dairy

1 cup mozzarella cheese\*  
butter spread\*  
3 eggs\*  
4 slices Swiss cheese  
3 lg eggs\*  
1 stick butter\*  
16 oz buttermilk

### Bread/Bakery

1 loaf Italian bread  
8 slider buns

### Canned

cooking spray\*  
1/2 cup marinara sauce  
salad dressing\*  
balsamic vinegar\*  
1 jar pasta sauce  
1 jar salsa  
1 lg can refried beans  
1 (10oz) can tomato, diced\*

### Dry Goods/Baking

parmesan cheese  
1 lb spaghetti noodles\*  
flour tortilla  
white rice\*  
brown sugar\*  
4 oz mini chocolate chips  
food coloring (red & green)\*

### Spices/Pantry

black pepper  
cayenne pepper\*  
chili powder\*  
garlic powder  
ground cumin\*  
kosher salt\*  
mustard powder\*  
olive oil\*  
onion powder\*  
oregano\*  
paprika\*  
pepper\*  
salt\*  
taco seasoning mix\*

### Condiments

yellow mustard\*  
dijon mustard\*  
3/4 cup mayonnaise\*  
ketchup\*  
1 jar tarter sauce  
1 jar BBQ sauce\*

### Miscellaneous

favorite toppings for carnitas