

WEEK 2
FALL
ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

MONDAY

Leftovers,
New Recipe, or
Dine Out

*Meatloaf, potatoes (week 1)

TUESDAY

Chicken & Dumplings
Salad

WEDNESDAY

Mushroom Quesadilla
Refried Beans
Chips & Salsa

THURSDAY

Zuppa Toscano
Salad
Bagettes

FRIDAY

Hamburger Green
Bean Casserole
Roasted Potatoes

SATURDAY

Leftovers,
New Recipe, or
Dine Out

*Zuppa Toscano

SUNDAY

Roast
Caramelized Carrots
Hasselback Potatoes
Drop Biscuits
Apple Pandowdy

SHOPPING LIST

Produce

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

Meat

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

Frozen

16 oz broccoli*

Refrigerated/Dairy

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

Canned

1 sm cann refried beans
1 jar salsa
82 oz chicken broth

Bread/Bakery

2 baguette bread
8 flour tortilla (10-inch)

Dry Goods/Baking

croutons
all-purpose flour*
baking powder*
sugar*
vegetable shortening*
brown sugar*

Spices/Pantry

cumin*
poultry seasoning
kosher salt*
black pepper*
salt*
olive oil*
onion powder*
garlic powder*
dried parsley
sea salt
dried thyme*
vinegar* (or vodka)
cinnamon*
nutmeg*

Condiments

salad dressing*
worcestershire sauce*

Miscellaneous

1 bag tortilla chips