

WEEK 4
FALL
ROTATING MENU

SEPTEMBER | OCTOBER | NOVEMBER

MONDAY

Leftovers,
New Recipe, or
Dine Out

*Roasted Chicken (Week 3)

TUESDAY

Smoked Sausage
Fried Potatoes
Corn

WEDNESDAY

Sloppy Joes
French Fries
Pickles

THURSDAY

Tomato Soup
Grilled Cheese
Apple Slices

FRIDAY

Beef Stroganoff
Green Beans
Biscuits

SATURDAY

Leftovers,
New Recipe, or
Dine Out

*??

SUNDAY

Lasagna
Salad
Garlic Bread
Pumpkin Pie Apple
Crisp

SHOPPING LIST

Produce

1 lb potatoes*
1 lg sweet onion*
3 med onions*
8 Granny Smith apples
2 cloves garlic*
parsley
1 bag salad mix
1 tomato

Meat

1 lb smoked sausage
3 lb ground beef*

Frozen

1 bag corn*
1 pkg french fries

Refrigerated/Dairy

10 tbsp butter*
8oz heavy whipping cream
4oz mozzarella, sliced
8oz sour cream*
butter spread*
4 cups mozzarella cheese
16oz ricotta cheese
2 lg eggs
1 pie crust

Canned

olive oil*
1 can Manwich sauce
28oz crushed tomatoes*
8oz chicken stock*
basil pesto
sundried tomatoes
4oz can mushrooms
15oz can green beans*
32oz marinara sauce
pumpkin pie filling
evaporated milk

Dry Goods/Baking

12 oz egg noodles*
beef bouillon*
2 cups baking mix
12 lasagna noodles
croutons
brown sugar*
sugar*
oats

Spices/Pantry

garlic powder*
salt*
black pepper*
Italian seasoning*
pumpkin pie spice
cinnamon*

Condiments

1 jar pickle spears
ketchup*
mayonnaise*
Parmesan cheese*
salad dressing*

Bread/Bakery

1 loaf garlic bread
1 pkg hamburger buns
1 loaf Italian bread, sliced