

Weekly Menu

Monday:

[Crockpot Green Chile Burritos](#)

Tuesday:

[Cream of Broccoli Soup](#)

Wednesday:

[Chicken Alfredo Lasagna](#)

Thursday:

[Easy Sesame Beef and Noodle Stir Fry](#)

Friday:

[Loaded Italian Salad](#)

Saturday:

DATE NIGHT

Sunday Brunch:

[Monkey Bread](#)

Dessert:

[Homemade Oreos](#)

BREAD

[Burrito tortillas](#), M

CANNED GOODS

[7 oz can green chilies](#), M

[30 oz can refried beans](#), M

[10.5 oz can cream of chicken](#), M

1- [10 oz cans green enchilada sauce](#), M

1- [28 oz can green enchilada sauce](#), M

[14 oz can chicken broth](#), T

[2 jars alfredo sauce](#), W

2- [14 oz can artichoke hearts](#), W, F

[Peperoncini](#), F

[6 oz can black olives](#), F

[Green olives](#), F

[Olive garden dressing](#), F

DAIRY

[Mexican Grated Cheese](#), M

[Sour cream](#), M

[2lbs butter](#), T,S,D

[1 qt half and half](#), T

[8 oz cream cheese](#), T

[2 ¾ cups milk](#), T,W,D

[3 1/2 cups mozzarella cheese](#), W, F

[4 oz feta cheese](#), W

[4 eggs](#), D

FRIDGE

[½ cup apple juice](#), TH

2 T [soy sauce](#), TH

2- [7 oz packages Udon Noodles](#) (these need to be

cooked if you go to the store get the cooked ones), TH

2 [buttermilk biscuits](#), S

FROZEN

1 pkg [frozen onions](#), M,W

2 pkg [frozen broccoli](#), T

16 oz [stir fry veggies](#), TH

MEAT

3 ½-4 lb [beef roast](#),M

2-3 lb [pork roast](#),M

3 [chicken breasts](#), W

[1 lb flank steak \(cut into strips\)](#), TH

¼ lb [pepperoni sliced](#), F

¼ lb [salami](#), sliced, F

PANTRY

[¾ cup flour](#), T

1 box [lasagna noodles](#), W

1 cup [toasted sesame marinade](#), TH

½ cup [Pine nuts](#), F

¼ cup [pecans](#), chopped, S

¼ cup [almonds](#), sliced, S

½ cup [maple syrup](#), S

⅓ cup [brown sugar](#), S

2 pkgs [devil food cake](#), D

1 lb [powdered sugar](#), D

PRODUCE

1 [red bell pepper](#), W

4 cups [spinach](#), W,F

[Iceberg Lettuce](#), TH,F

1 [red onion](#), F

[Grape tomatoes](#), F

SPICES

[Salt](#) and [pepper](#), M, T, TH

4 T [minced garlic](#), M,W,TH

3 t [oregano](#), W

2 t [minced ginger](#), TH

1 t [red pepper flakes](#), TH

2 T [Toasted sesame seeds](#), TH

½ t [cinnamon](#), S

1 t [vanilla](#), D