

# Weekly Menu

## Monday:

[Tomato Basil Soup](#)  
and [The Ultimate Grilled Cheese](#)

## Tuesday:

[Chicken Marsala](#) with  
[Mashed Potatoes](#)

## Wednesday:

[Baked Beef](#)  
[Chimichangas](#)

## Thursday:

[Bacon, Artichoke, Spinach, Mushrooms Loaded Bowtie Pasta with Alfredo](#) (cook extra bacon for the wedge salads at the same time)

## Friday:

[Honey Hot Chicken Strips](#) with a [Wedge Salad](#)

## Saturday:

DATE NIGHT

## Sunday Brunch:

[Pumpkin Oat Muffins](#)

### BREAD

[Texas Toast](#), M  
[Flour tortillas burrito size](#), W

### CANNED GOODS

1 (15 oz) can [refried beans](#), W  
1 (15 oz) can [green enchilada sauce](#), W  
[Sun dried tomatoes](#), TH  
1 jar [artichoke hearts](#), TH  
1 (15 oz) [can pumpkin puree](#), S

### DAIRY

[2 c butter](#), M,T,TH,S  
3 c [heavy cream](#), M,TH  
12 oz [Cream Cheese](#), M,T  
[Havarti cheese slices](#), M  
[Provolone cheese slices](#), M  
1 c [sour cream](#), T,W  
[Mexican Cheese blend](#), W,F  
1 cup [parmesan cheese](#), TH  
[3 eggs](#), S  
[Blue cheese](#), optional F

### FRIDGE

4 cups [tomato juice](#), M  
[Mayo](#), M  
1/3 cup [franks hot sauce](#), F

### FROZEN

[1 lare pkg frozen chicken strips](#), F

### MEAT

[4-6 chicken breasts](#), fresh or frozen, T  
[Tri tip](#) or [ground beef](#), W  
1/2 lb [bacon](#), TH,F

### PANTRY

2 c [sugar](#), M,F,S  
1 jar [Trader Joes Marsala Sauce](#) or [this](#) or something similar, T  
1 lb [bowtie pasta](#), TH  
2 cup [vegetable oil](#), F,S

3 cup [brown sugar](#), F,S  
[Almonds](#) or sugared nuts, F  
[Croutons](#), F  
[Salad dressing](#), F  
3 cups [flour](#), S  
2 t [baking soda](#), S  
1 t [baking powder](#), S  
1 c [oats](#), S  
1/2 cup [applesauce](#), S

### PRODUCE

8 [tomatoes](#), M,W,F  
14 [basil leaves](#), M  
[16 ounces mushrooms](#), T,TH  
5 lb bag of [red potatoes](#), T  
[Green onions](#) optional, W  
[1 head Lettuce](#), W, F  
[Spinach](#), TH  
[Avocado](#), F

### SPICES

[Salt](#) and [pepper](#), M,T  
1 t [oregano](#), M  
4 T [minced garlic](#), T,TH  
4 t [pumpkin pie spice](#), S  
1 t [vanilla](#), S