

Week #2

mushrooms (1 C.)
onion
green onions
lettuce
tomatoes
salad
potatoes

parmesan
tortellini (9 oz. or more)
cheese

smoked salmon
whole chicken

cream cheese (8 oz.)
ground beef/turkey (2)

spinach (10 oz.)
broccoli (2 pkg.)
veggies
corn

coconut milk
mayo

tomato sauce
sloppy joe mix
tomato paste

cream of mushroom (2)
fettucine
black beans
Spanish rice mix
linguine (8 oz.)

tortillas

1 Tortellini Primavera
salad
French bread

2 Sloppy Joes on Cornbread
green veggie

3 Cajun Fried Chicken
mashed potatoes
corn
bread/biscuits

4 Tacos
rice
beans

5 Salmon Fettucine
salad
green veggie

6 Chicken Divan
bread
pasta dish
fruit

7 BBQ burgers
waffle fries
carrot raisin salad