

MONDAY



MAPLE GLAZED CHICKEN WITH MASHED SWEET POTATOES

TUESDAY



BEEF STROGANOFF STUFFED SHELLS

WEDNESDAY



CHEESY CHICKEN & POTATO SOUP

THURSDAY



SLOW COOKER STUFFED PEPPERS

FRIDAY



APPLE BUTTER HAM & CHEESE SANDWICHES



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 2 tbs. olive oil
- 2 tbs. canola oil
- salt and pepper
- Pinch nutmeg
- 2 tsp. steak seasoning
- 7 tbs. butter
- 1/2 tsp. garlic powder
- 3 tbs. cornstarch

PRODUCE

- 2 onions
- 1 clove garlic
- 6 large bell peppers
- 2 carrots
- 1 lb. russet potatoes
- 4 cups spinach
- 1 lemon
- 1 lb. button mushrooms
- 5 green onions

DAIRY & REFRIGERATED ITEMS

- 3 and 1/4 cups shredded cheddar
- 1 cup sour cream
- 9 slices Swiss cheese
- 1/4 cup heavy cream
- 1 (1 lb. 8 oz.) container refrigerated mashed sweet potatoes

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 1 large boneless, skinless chicken breast
- 1 lb. chicken tenderloins
- 2 lbs. ground beef
- 1/2 lb. deli ham

GRAINS, LEGUMES & PASTA

- 1 cup white rice
- 28 jumbo pasta shells

CANNED & JARRED GOODS

- 3 cups chicken stock
- 4 cups beef stock
- 1/4 cup maple syrup
- 1/2 cup apple butter
- 2 tsp. whole grain mustard
- 2 tsp. dijon mustard
- 3 tbs. + 1 tsp. worcestershire sauce
- 1 (14.5 oz.) can diced tomatoes

MISCELLANEOUS ITEMS

- 12 slider rolls
- 2 tsps. poppy seeds