

MONDAY



SRIRACHA ORANGE BEEF

TUESDAY



HONEY MUSTARD CHICKEN

WEDNESDAY



CREAMY GARLIC MUSHROOM SPAGHETTI

THURSDAY



CROCKPOT CHICKEN & WILD RICE SOUP

FRIDAY



BAKED PEPPERONI PIZZA SANDWICHES



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

- 1 tbs. corn starch
- 6 tbs. butter
- salt and pepper
- 4 tbs. olive oil
- 2 tbs. all-purpose flour
- 1/2 tsp. dried thyme
- 1/4 tsp. Italian seasoning
- 1/4 tsp. dried sage
- 1/4 tsp. dried rosemary
- 2 bay leaves
- 1/2 tsp. garlic powder

PRODUCE

- 2 red bell peppers
- 6 cloves garlic
- 16 oz. mushrooms
- 1/4 cup parsley
- 2 sprigs rosemary
- 1 onion
- 2 carrots
- 2 stalks celery

DAIRY & REFRIGERATED ITEMS

- 1 cup orange juice
- 1 and 1/2 cups milk
- 12 oz. shredded mozzarella

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

- 2 lbs. flank or skirt steak
- 2-3 lbs. chicken thighs

- 1 lb. boneless, skinless chicken breasts
- 2 ounces pepperoni slices

GRAINS, LEGUMES & PASTA

- 8 oz. spaghetti
- 3/4 cup wild rice

CANNED & JARRED GOODS

- 1 tbs. sesame oil
- 3 tbs. soy sauce
- 3 tbs. sriracha
- 1/3 cup dijon mustard
- 1/3 cup honey
- 6 cups chicken stock
- 1/2 cup pizza sauce

MISCELLANEOUS ITEMS

- 1 teaspoon herbs de provence
- 12 soft butter rolls