

MONDAY



Chicken Parmesan Casserole

TUESDAY



Crockpot Chicken Gnocchi Soup

WEDNESDAY



Slow Cooker Beef Bourguignon

THURSDAY



Pan-Seared Cod in White Wine
Tomato Basil Sauce

FRIDAY



Hot Italian Sliders



GROCERY LIST

ITEMS YOU PROBABLY HAVE IN STOCK

olive oil	2 tbs. Italian seasoning	1/2 tsp. red pepper flakes
salt and pepper	1 tsp. dried parsley	
8 tbs. butter	1/4 cup all-purpose flour	

PRODUCE

1 bunch basil	2 stalks swiss chard	1 lemon
8 carrots	1 bunch thyme	
2 stalks celery	1 lb. baby potatoes	
1 onion	8 oz. sliced mushrooms	
6 cloves garlic	1 pint cherry tomatoes	

DAIRY & REFRIGERATED ITEMS

- 1 cup grated Parmesan
- 1 1/2 cups mozzarella cheese
- 8 slices Provolone cheese

FROZEN FOOD ITEMS

MEAT, POULTRY, PORK & SEAFOOD

1 1/2 lbs. boneless, skinless chicken tenders	24 slices smoked deli ham	5 ounces sliced salami
1 1/4 lbs. boneless, skinless chicken breasts	5 ounces sliced pepperoni	5 slices bacon
4 cod filets	3 lbs. boneless beef chuck roast	

GRAINS, LEGUMES & PASTA

- 2 1/2 cups dry rotini pasta
- 1 lb. gnocchi

CANNED & JARRED GOODS

4 cups marinara sauce	2 (8-oz) jars roasted red peppers
8 cups chicken stock	1/2 cup tomato sauce
1 can evaporated milk	
1/4 cup soy sauce	

MISCELLANEOUS ITEMS

1 cup panko bread crumbs	1/4 cup dry white wine
2 tbs. cornstarch	
12 Hawaiian Sweet rolls	
1 cup red wine	