

						
	Menu	Can/Jar/Dry	Baking/Spice/Staples	Produce	Dairy	Meat/Fish/Poultry
Monday	Mexican Polenta Pie		¼ cup cornmeal		1 egg	
			¼ teaspoon salt		¾ cup shredded Pepper Jack cheese	
			½ cup corn or tortilla chips			
			1 (15-16 oz.) can chili beans			
Wednesday	Wild Rice with Hazlenuts	2 cups wild rice	½ c hazelnuts	1 red onion		
		2 Tbsp olive oil		1 garlic clove		
		2 Tbsp soy sauce		4 carrots		
		2 Tbsp lemon Juice		2 Tbsp cilantro		
		6-8 fresh artichoke hearts, halved or 10-12 good quality canned artichokes				
Thursday	Honey Ginger Shrimp & Slaw	4 Tbsp honey	1 cup quinoa	4 Tbsp grated ginger		
		½ c lime juice		6-8 cups broccoli slaw		12 oz shrimp
		½ c olive oil				
Saturday	Buffalo Mac	1 lb rotini	1 tsp celery seed	2 celery ribs	4 Tbsp unsalted b	1 lb bone-skinless
		1 Tbsp olive oil	2 tsp paprika	3 cloves garlic	2½ c 2% milk	
		½ c Frank's Red Hot	¼ tsp salt		8 oz sharp cheddar	
		½ c plain bread crumbs	3 Tbsp all-purpose flour		¾ c crumbled blue cheese	
			2 tsp dry mustard			
Sunday	Rosemary-Dijon Chicken	3 Tbsp Dijon mustard	1 tsp rosemary	6 potatoes		6 bone-skinless ch
			¼ tsp white pepper		3 Tbsp reduced-fat sour cream	
Break	Breakfast pudding	Cream of Wheat	¼ cup brown sugar		2 cups 2% milk	
			¼ teaspoon salt		2 eggs	
					1 teaspoon butter	
Misc.						



Frozen

chicken breasts

chicken breasts

