

Daily Themes

Manic Monday – pasta or pork
Taco Tuesday – Mexican
Wacky Wednesday – beef or fish
Birdy Thursday – chicken or turkey
Fried Friday – hamburger
Special Saturday – Italian
Souper Sunday -soup & salad

Shopping List

Artisan Bistro grilled burritos, Eating Well Creamy Pesto Chicken, Frontera Carne Asada Burrito Bowl, Stouffer's Chicken & Noodles, Boomerang chicken pies, chicken tenders, meatballs, burgers, Stouffers Veggie Lovers lasagna, Healthy Choice Chicken & Broccoli Alfredo or Carne Asada, Pacific soup, McDougall's vegetable soup, 8 Myles fz mac & cheese

Souper Sunday – soup & salad

○ **cook**
chili, chicken noodle, beef vegetable, chicken salad
○ **convenience**
Pacific Chicken Noodle & Beef Veg., McDougall's Veg
○ **eating out**
Salad: Southwest Chicken Salad @McDonalds, Wendy's ½ salads w/chicken, Strawberry & Chicken Salad @Panera, Grilled chicken Market Salad @Chick-fil-a (closed Sun, substitute another day)

Manic Monday – pasta or pork

○ **cook**
ham steak, smoked sausage, pork chop, eggroll bowl, mac & cheese [for 1](#)
○ **convenience**
8 Myles Mac & Cheese
○ **eating out**
Buttered Ribbon Noodles @Panera Bread

Taco Tuesday – Mexican

○ **cook**
quesadilla, burrito, enchiladas, tamales, [taco casserole for one](#)
○ **convenience**
Artisan Bistro grilled chicken or steak burrito, Frontera Carne Asada Burrito Bowl
○ **eating out**
chicken bowl w/fajita veggies @Chipotle, chicken chalupa supreme @Taco Bell

Wacky Wednesday – beef or fish

○ **cook**
[Stew for 1](#)
○ **convenience**
Hormel Square Table Roast Beef
○ **eating out**
McDonald's fish sandwich, Tuna or Philly sub @Subway, steak bowl w/fajita veggies @Chipotle

Birdy Thursday – chicken or turkey

○ **cook**
[chicken & cauliflower](#), [chicken w/spinach & tomatoes](#), [roast chicken w/Rosemary](#), [cordon bleu for one](#)
○ **convenience**
Stouffer's Chicken & Noodles, Boomerang Chicken pies, chicken tenders
○ **eating out**
Slim Chickens tenders, Canes or Chick-fila

Fried Friday – hamburger

○ **cook**
Quesadilla Burgers, goulash, sloppy joes, [meatloaf for one](#), [Shepherd's Pie for 1](#)
○ **convenience**
fz burgers, meatball sandwich
○ **eating out**
Burger King, Five Guys, Culvers, or Freddys

Special Saturday – Italian

○ **cook**
[Naan bread pizza](#), [chicken parmesan for one](#), Spaghetti, Ravioli, Lasagna
○ **convenience**
Amy's lasagna or Stouffers Veggie Lovers, Healthy Choice Chicken & Broccoli Alfredo
○ **eating out**
Veggie Lover @Pizza Hut, meatball sub @Subway