

Week of February 24

Sunday – Baked Lemon Chicken, Loaded Mashed Potato Cakes and Brussels Sprouts with Bacon and Beer

2 russet potatoes
Chives
Colby Jack cheese
Panko breadcrumbs
2 lbs Brussels sprouts
6 oz thick cut bacon
1 onion
Bottle of light/crisp beer
2 large bone-in, skin-on chicken breasts
lemon

Monday – Reuben Sandwiches with Chips and Fruit Salad

Rye bread
Can of sauerkraut
Corned beef (from the deli)
Swiss cheese
Thousand Island dressing
Chips of your choice
Fruit

Tuesday – White Chicken Chili from the Freezer

~See week of January 27~

Wednesday – Grilled Italian Sausage Sandwiches

Italian Sausage
Red Bell Pepper
Green Bell Pepper
1 Sweet Onion
Hoagie Rolls
Mozzarella Cheese
Pasta Sauce

Thursday – Penne Pasta with Sliced Grilled Sausage, Onions and Peppers

Penne Pasta
Pasta Sauce
Parmesan Cheese
(Using left over sausage, peppers, and onions from day before)

Staples/Spices to have at all times!

(You need these for the week, but should probably already have!)

Eggs
Salt
Pepper
Crushed red pepper
Extra virgin olive oil
Flour
Minced garlic tub
Rosemary
Honey
Chicken broth
Butter
Italian Seasoning
Garlic Powder
Dried Basil