

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Taco Salad -hamburger -tom sauce -chili powder -lettuce -grated cheese -olives -sour cream	Chicken Zelda -chic breast -lemon juice -cornstarch -dijon mustard -garlic	Lasagna - gr. beef - grated mozza - tom. sauce - spices	Dinner OUT!	Pork chops	Tortellini in cream sauce	Roast Chicken
Shop for: -tortilla chips -chile flakes -salsa	-green onions -pasta	-lasagna noodles				