

Tastes Better *from* SCRATCH

Monday: Tuna Noodle Casserole \$6.36	<u>Produce</u> Celery (1 rib) Lemon Juice (3 Tbs.) Parsley Leaves (2 Tbs.) Garlic (3 cloves) Large Green Salad (4 servings) Onion (2) Red Onion (1/3 cup) Scallion (1) Tomato (2) White Button Mushrooms (8 oz.)	<u>Other</u> Balsamic Vinegar (1/3 cup) Barbeque Sauce (1 Tbs.) Dijon Mustard (5 Tbs.) Light Mayo (1 cup) Mustard (1 Tbs.)	<u>Spices</u> Chili Powder Salt & Pepper Basil Dill Weed Oregano Garlic Powder Nutmeg Kosher Salt
Tuesday: Easy Beef Stroganoff \$9.65		<u>Pantry Staples</u> Flour (4 Tbs.) Honey (4 Tbs.) Ketchup (1/2 cup) Brown Sugar (1/2 cup) Olive Oil	<u>Bread/Grains</u> Egg Noodles or Rice for serving Corn Flakes Cereal (2 cups) Medium Shell Pasta (8 oz.) Panko Bread Crumbs (2/3 cup) Ritz Crackers (1/2 cup)
Wednesday: Honey Mustard Chicken Salad \$10.32		<u>Canned Goods</u> Canned Albacore Tuna, packed in water. (5 oz.) Cream of Mushroom Soup (10.5 oz. can) Beef Broth (1 ½ cups) Chicken Broth (1- 14.5 oz. can)	<u>Meat</u> Chicken Breasts (3) Chicken Tenders (4) Ground Beef (2 ½ Lbs.)
Thursday: Chicken Caprese \$11.89	<u>Refrigerated</u> Butter (5 Tbs.) Egg (1) Mozzarella Cheese Ball (8 oz.) Frozen Peas (3/4 cup) Milk (1 cup) Sour Cream (1/3 cup)		
Friday: Mini Meatloaf \$9.62			

Weekly Total: \$47.84