

Tastes Better *from* SCRATCH

<p>Monday: Chicken Caesar Pasta Salad \$9.61</p> <p>Tuesday: Creamy Tomato and Spinach Tortellini \$7.65</p> <p>Wednesday: Chicken Fajita Foil Packets \$7.86</p> <p>Thursday: Classic Tuna Pasta Salad & Tomato Basil Mozzarella Toasts \$11.44</p> <p>Friday: Fresh Spring Rolls \$23.97</p> <p>Weekly Total: \$60.53</p>	<p><u>Produce</u></p> <p>Romaine lettuce (4 cups) Large English Cucumber (1 ½) Carrot (2) Green onion (1/4 cup) Cherry tomatoes (2 cups) Bell peppers (2 any color) Onion (1 yellow or purple) Red onion (1/4) Garlic (3 cloves) Spinach (1 ½ cups) Roma tomatoes (4) Celery ribs (2) Frozen peas (1 cup) Mangos (2) Fresh mint leaves (1 bunch) Fresh basil leaves (1 bunch) Fresh cilantro (1 bunch)</p>	<p><u>Bread/Grains</u></p> <p>Penne Pasta (6 oz.) Croutons (1/2 cup) Minute rice (brown or white – 1 ½ cups) Crusty French Baguette (1) Small flour tortillas for serving with fajitas (optional) Small shell pasta (8 oz.)</p>	<p><u>Canned Goods</u></p> <p>Petite diced tomatoes (15 oz. can) Canned albacore white tuna, packed in water (7 oz.)</p>
		<p><u>Meat</u></p> <p>Chicken Breasts (4) Small cooked shrimp (1 lb.)</p>	<p><u>Spices</u></p> <p>Onion powder Dried oregano Ground black pepper Red pepper flakes Dill weed Salt and pepper</p>
	<p><u>Refrigerated</u></p> <p>Shredded parmesan cheese (1 cup) Refrigerator cheese tortellini (20 ounces) Butter (2 Tbs.) Milk (1 ½ cups) Heavy cream (1/2 cup) Fresh mozzarella cheese (8 oz.) Plain Greek yogurt (1/2 cup)</p>	<p><u>Other</u></p> <p>Caesar salad dressing Fajita seasoning or taco seasoning (1 packet) Tinfoil for fajita foil packets Spring Roll Rice Wrappers (1 pk g. – found in Asian food section) Vermicelli rice noodles (1 pkg. – found in Asian food section) Sweet chili sauce (3/4 cup)</p> <p>Guac., salsa, sour cream, cilantro, hot sauce-- optional for serving with fajitas)</p>	<p><u>Pantry Staples</u></p> <p>Olive oil (2 Tbs.) All --purpose flour (3 Tbs.) Mayo (1/2 cup) Peanut Butter (1/3 cup) Soy sauce (1/2 tsp.) Hoisin sauce (1/2 tsp)</p>