



Tastes Better from Scratch™

Monday: Tuscan Chicken Pasta \$12.88	<u>Produce</u> Red Bell Pepper (1 1/4) Fresh Basil Leaves (2 cups) Garlic Cloves (10) Onion (4) Ripe Plum Tomatoes (3 Lbs.) Roma Tomatoes (2) Romaine Heart (1) Minced Garlic (1 Tbs) Baby Spinach Leaves (1 ½ cup)	<u>Bread/Grains</u> Breadcrumbs (½ cup) Flour Tortillas (4 large) Taco Shells (20 hard) Dry pasta (1 lb.)	<u>Refrigerated</u> Butter (3 Tbs.) Cheddar Cheese (4 cups) Corn (1 cup frozen) Eggs (2 large) Heavy Cream (1/2 cup) Milk (3/4 cup) Parmesan (1/2 cup)
Tuesday: Roasted Tomato Soup \$18.73			<u>Other</u> Dijon Mustard (1 tsp.) Optional garnishes: Parmesan, Fresh basil, sour cream Salsa (1/4 cup) Worcestershire Sauce (2 Tbs.)
Wednesday: Meatloaf \$14.99	<u>Meat</u> Ground Beef (3 lbs.) Chicken Tenders (1.5 Lbs.)	<u>Pantry Staples</u> Flour Olive Oil Ketchup (3/4 cup) Light Brown Sugar (1/2 cup)	
Thursday: Baked Tacos \$16.26			Friday: Black Bean Quesadillas \$6.98
Weekly Total: \$69.84			