



# Tastes Better from Scratch™

Monday: Baked Ziti \$7.51	<b>Produce:</b> Carrot (1/2 cup + 1) Cherry Tomatoes (2 cups) Chopped Broccoli (4 1/2 cups) Cucumber (1/2 medium size) Diced Celery (1 cup) Garlic (5 cloves) Grated Carrot (1 cup) Green Onion (3 + 1/4 cup) Lemon Juice (2 tsp) Potatoes (2 small/medium) Romaine Lettuce (4 cups) Yellow Onion (1 medium)	<b>Refrigerated:</b> Butter (5 Tbsp) Eggs (2) Grated Parmesan Cheese (1 cup) Frozen Peas (1/2 cup) Half and Half (3 1/3 cups) Shredded Cheddar Cheese (3 cups) Shredded Mozzarella Cheese (1 cup) Whole Milk (1 1/2 cup)	<b>Spices:</b> Red Pepper Flakes (1/4 tsp) Basil (1 Tbsp) Oregano (1/2 tsp) Salt & Pepper to Taste
Tuesday: Pork Chops with Creamy Mustard Sauce \$6.61			
Wednesday: Ham Fried Rice \$3.99			
Thursday: Broccoli Cheddar Soup \$13.45			
Friday: Chicken Caesar Pasta Salad \$9.61			
	<b>Meat:</b> Boneless Skinless Chicken (1 lb) Boneless Pork Chops (4) Chopped Ham (3/4 cup) Ground Italian Sausage (1/2 lb)	<b>Canned Goods:</b> Diced Tomatoes (14.5 oz can) Low Sodium Vegetable Broth (3 cups) Low Sodium Chicken Broth (1/2 cup + 2 Tbsp) Tomato Sauce (8 oz)	<b>Bread/Grains:</b> Cooked, Cold leftover rice (3 cups) Penne Pasta (6 oz) Ziti Pasta (12 oz)
<b>Estimated Total: \$41.17</b>			