

Produce	Dairy	Baking/Breads	Beverages	Canned goods	Meat/Fish	Frozen
Apples Avacados	Butter	Bread	Coffee	Baked Beans	Bacon	Broccoli
Asparagus	Biscuits	Buns	Water	chicken	Ground Beef	Chicken tenders
Brussel Sprouts	Breadsticks	French bread	Diet Coke	Corn	Beef Roast	Fries
Blue berries	Cottage Cheese	Naan	Beer	Cranberry Sauce	Beef Steak	Hash browns
Cabbage	Cream Cheese	Muffins	Ginger Beer	Diced tomatoes	Chicken	Ice cream
Carrots	Cheese Sticks	Bread Flour	Tea	Fruit	Hot dogs	Lasangna
Corn on the cob	Sliced Cheddar	Wheat Flour	Mixer	green beans	Sliced Roast Beef	Mixed veggies
Cucumbers	Sliced Swiss	Olive Oil	Sweet & Sour	potatoes	Sliced Ham	Pizza
Garlic	Shred Cheddar	Safflower Oil	Tonic Water		Sliced Turkey	Peas
Grapes	Shred Mozz	Cookie Mix	Tequila		Pepperoni	Tamales
Grapefruit	Pimento Cheese	Cake Mix	Wine - Red		Sausage	Waffles
Green beans	Velveeta	Icing	Wine - White		Ground sausage	
Lemons	Eggs	tortillas			Salmon	
Limes	Sour cream	Cornbr, Muff Mix			Tuna	
Lettuce Gr Ro	Milk	Spray Pam				
Onion						
Oranges	Spices	Misc.			Deli	
Peppers	Salt				Potato Salad	Sushi
Potatoes:	Pepper				Cole Slaw	
Salad Kit						
Tomatoes						
Condiments	Packaged Goods	Spreads/Sauces	Snacks	Dressing/Dip	Health/Beauty	Cleaners
Mayo	Spaghetti	Peanut Butter	Tostitos	Balsamic	Toothpaste	Tide
Mustard	Macaroni	Jelly	Potato Chips	Casear	Deodorant	Downey
Pickles	Egg Noodles	Honey	Cookies	Italian	Vitamins	Dawn
pickles	Fetticinni	Maple Syrup	crackers	Ranch	Nail Polish	Windex
olives	Instant Potatoes	Taco Seasoning	cashews	Salsa	Lotion	Mr. Clean Eraser
	Pizza Crust Mix	Tomato Sauce	Pecans	Queso		Wipes
	Mac & Cheese	Pizza Sauce	popcorn	Shrimp Dip		
	Ziti	Enchilada Sauce		Hummus		
				Onion Dip		

Menu Options:

Meat/Fish	Grill	Quick/Casserole	Pasta	Mexican	Breakfast	Sandwich/Soup
Chicken	Steaks	Fried Rice	Cabbage Noodles	Tacos	pancakes	BLT
Salmon	Chicken	Sushi Rolls	Carbonara	Taco Salad	Bacon & eggs	Burgers
Tuna	Burgers	kraut & weiners	Mac & Cheese	Nachos	Waffles/chickn	Grilled Cheese
Meatloaf	Hot Dogs	Tamales	Lasgna	Fajitas	omlets	Philly Cheese
Roast		Beef Stew	Spaghetti	Enchiladas	biscuits	Chicken Wrap
		Chicken & Rice	Chicken Spag.	Burritos		Tuna Salad
		Chicken & Broc.	Baked Ziti			Chicken Salad
		Red Beans & Rice				Egg Salad
						Chili Dogs
						Order Pizza

Week of:

Desserts this week:

Saturdav <i>Meat + sides</i>	Sundav <i>Grill</i>	Mondav <i>Quick/Casserole</i>	Tuesdav <i>Pasta</i>	Wednesdav <i>Mexican/Go Out</i>	Thursdav <i>Left-overs./Brkfast</i>	Fridav <i>Sandwiches/Pizza</i>

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