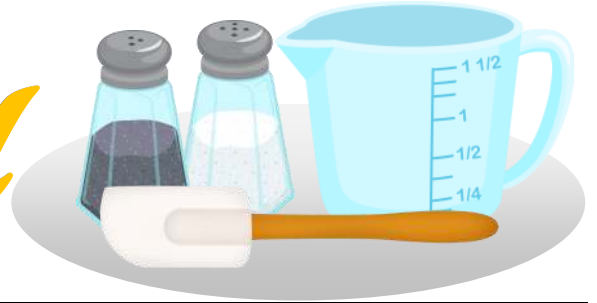


Week 34



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Egg & Ham Breakfast Braid	Oatmeal with Sliced Bananas Drizzled with Maple Syrup	Scrambled Eggs, Crispy Bacon & Toast	Nutella Croissants with Milk and Sliced Strawberries	Strawberry Peach Smoothie with Granola Bars	*Banana Pancakes with Crispy Bacon	Sausage Links, Croissants with Strawberry Jam
Lunch	Homemade Beefaroni with Crispy Breadstick Snacks, Grapes	Ham, Crackers, Cheese Sticks, or Cubes, Box of Raisins, Pudding Cups	Waffle Sandwich Bento Box, Apple	Toasted Italian Sandwich	*Leftover Italian Tortellini Soup with Crackers, and Celery Sticks	Mexican Pizza with Corn Chips and Salsa	Pub-style Pretzel Roll Rubeen, Pickle Spear and Kettle Style Chips
Dinner	*Easy Italian Tortellini Soup with Italian Bread	Pan Seared Smoked Sausage, with Mashed Potatoes and Peas	Easy Crock Pot *BBQ Chicken Sandwiches, Sautéed Zucchini & Summer Squash	Ham-burgers with Greek Salad	Vietnamese Báhn Mi Pork with Rice and Veggies	BLT Sandwiches with Potato Chips and Pickle	Chicken Pot Pie with Tomato and Cucumber Salad

Notes- *Freeze leftover bananas for next week. Reserve Italian Tortellini soup for lunch on Friday.

Reserve leftover BBQ Chicken for lunch on Monday week 35.

Week 34

Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Bananas	Eggs	1 Jar Pesto Sauce	Onion Powder
Strawberries	Milk	1 Bottle Guinness	Pkg. Dry Yeast
Grapes	Butter	1 Jar Sauerkraut	Dried Rosemary
Apples			
Avocado	Cream Cheese	1 Bottle Thousand Island Dressing	Dried Cumin
Roma Tomatoes	Plain Greek Yogurt	1 Box Rotini or Ziti Pasta	Red Pepper Flakes
1 Bunch Green Onions	Almond Milk	1 14 oz. Can Diced Tomatoes	Powdered Sugar
Sweet Onions	Sliced Mozzarella	Nutella	Ground Flax Seed
Lemongrass	Sliced Swiss Cheese	1 Jar Strawberry Jam	1 Bottle Fish Sauce
Ginger Root	1 pkg. Mexican Blend Cheese	1 Lg. Can Plum Tomatoes	Red Wine Vinegar
2 Pints Cherry Tomatoes	Cheddar Cheese	8 oz. Tortellini	Whey Protein Powder
Kalamata Olives	Crumbled Feta	1 Box Beef Stock or Broth	Boxed Raisins
2 Pkgs. Mini Cucumbers	Thinly Sliced Corn Beef Brisket	1 Can Cream of Celery Soup	
Sweet Onions	1 lb. Deli Ham	1 Can Cream of Potato Soup	
1 Red Onion	Deli Black Pepper Salami	1 Lg. Jar Salsa	<i>Bakery</i>
1 Bunch Fresh Oregano	Deli Salami	1 Can Refried Beans	Sandwich Bread
Celery		1 Jar Black Olives	Italian Bread
Zucchini	Deli Pepperoni	Corn Chips	Croissants
Summer Squash	Deli Turkey Pepperoni	1 Bottle BBQ Sauce	1 Box Dried Breadsticks
Radishes	1 Pkg. of 2 Pie Crusts	Granola Bars	Ciabatta Rolls
<i>Frozen</i>	2 Cans Crescent Rolls	Kettle Style Chips	8 Corn Tortillas
1 Sheet Puff Pastry	<i>Meat</i>	1 Box White Rice	Hamburger Buns
1 Bag Peas	3 lbs. Ground Beef (separated)		
1 Bag Peaches	2 lb. Pork Shoulder		
1 Bag Strawberries	1 lb. Cooked, Shredded Chicken (or Use Rotisserie)		
1 Bag Mixed Vegetables	1 lb. Bacon		
1 Pkg. Frozen Meatballs	Sausage Links		