

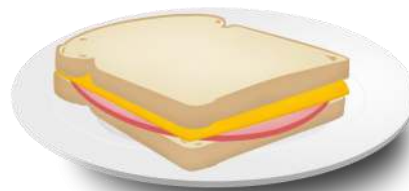
Week 28



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast	PB&J Waffle Sandwich	Cream of Wheat	Breakfast Baked Oatmeal with *Cantaloupe	*Hard Boiled Eggs, Sliced Avocado	Asparagus & Egg Tart with Parmesan	Dutch Baby Pancakes with Berries and Maple Yogurt	Ricotta Banana Nut Bread with Italian Sausage Links
Lunch	Crispy Buffalo Chicken Salad	Tuna Salad Stackers with Sliced Red Bell Peppers and Grapes	PB, Honey & Banana Wraps with Fruit and Pretzel Sticks	Fried Bologna Sandwiches, Sliced Tomatoes, Potato Chips	Ham & Cheese Wrap Pinwheels with Snap Peas and Grapes	Chef Salad	Crock Pot Chicken and Rice
Dinner	Slow Cooker Minestrone with Country White Bread	Rotisserie Chicken with *Pineapple Salsa and Jasmine Rice	Slow Cooker Beef & Broccoli with Cauliflower Rice and Green Beans	Crockpot Lemon Chicken with Asparagus & Lettuce Wedge Salad	Spicy Imperial Crab Salad served over Buttered Noodles	Pork Fried Rice with Egg Rolls	Buttermilk Fried Chicken, with Mashed Potatoes and Corn

Notes — *Reserve extra cantaloupe for next week. Cook extra boiled eggs for Monday lunch week 29. Reserve extra pineapple refrigerate in container for meal week 30.

Week 28 Shopping List



<i>Produce</i>	<i>Refrigerated</i>	<i>Packaged</i>	<i>Pantry Supplies</i>
Cantaloupe	2 Dozen Eggs	Peanut Butter	Honey
Berries (Variety)	Milk	Jelly	Season Salt
2-3 Avocados	Butter	Cream of Wheat	Basil
1 Bunch Bananas	Buttermilk	Favorite Salad Dressing	Oregano
Grapes	Heavy Cream	1 Pkg. Shell Pasta	Bay Leaves
1 Lime	Almond Milk	1 Can White Beans	Thyme
4-6 Lemons	Whole Milk Ricotta	1 Can Kidney Beans	Parsley
1 Whole Pineapple	Sliced Cheese	Garlic Bread Croutons	Tarragon
3-4 Bunches Broccoli	Crescent Roll Dough	Bleu Cheese Dressing	Extra Virgin Olive Oil
1 Bag Yellow Onions	Plain Greek Yogurt	White Rice	Cooking Spray
1 Red Onion	Deli Turkey	1 Pkg. Yellow Rice	Sesame Oil
1 Bunch Parsley	Deli Ham	Jasmine Rice	Maple Syrup
1 Bunch Cilantro	Deli Bologna	2 Cans Diced Tomatoes	Worcestershire Sauce
2-3 Slicing Tomatoes	Fresh Parmesan Cheese	Saltine Crackers	Low Salt Soy Sauce
2-4 Bell Peppers	<i>Meat</i>	1-3 oz. Pkg. Albacore	Garlic Sauce
2 lb. Asparagus	1 Pkg. Bnlss Pork Chops	1 Lg. Box Chicken Broth	Baking Soda
1 Bag Potatoes	10-12 Bnlss Chick Breasts.	3 Cans Vegetable Broth	Baking Powder
Snap Peas	3 lbs. Flank Steak	1 Pkg. Beef Broth	Corn Starch
2 Jalapeño Peppers	1 lb. Crab Claw Meat	Potato Chips	Sea Salt
1 Small Zucchini	Thick Cut Cooked Ham	Pretzel Sticks	8 Oz. Walnuts
Iceberg Lettuce	Italian Sausage Links	Mini Rice Cakes	<i>Bakery</i>
Baby Spinach	<i>Frozen</i>		Country White Bread
Romaine	Waffles	1 Bag Sweet Corn	Wraps
Green Onions	Chicken Tenders	Egg Rolls	1 Pkg. Sandwich Bread
	Cauliflower Rice	Green Beans	