










November 18 - 24

Menu Plan

Mon	 <p><u>Pasta Arrabiata</u> A delicious, classic combination of pasta and bacon, perfect when topped with Parmesan cheese and served with bread and a salad.</p>	BREAKFAST IDEAS <ul style="list-style-type: none"> • Ham Egg & Cheese Muffins • Sausage Gravy and Biscuits • Date Nut Oatmeal
Tue	 <p><u>Black and White Bean Soup</u> This simple soup is great with an easy grilled cheese sandwich for a hearty, filling dinner on a busy school night.</p>	
Wed	 <p><u>Air Fryer Meatball Subs</u> A quick, easy, cheesy, and tasty 10-minute meal packed with hearty meatballs, plenty of marinara sauce, and freshly grated Italian cheeses</p>	LUNCH IDEAS <ul style="list-style-type: none"> • Ham and Cheese Stuffed Potatoes • Tomato and Roasted Garlic Soup • Herbed Egg Salad
Thu	 <p><u>Bistro Chicken</u> Chicken simmered in a rich tomato and mushroom sauce, then topped with gooey cheese and crispy bacon ready in just 30 minutes.</p>	
Fri	 <p><u>Tilapia Veracruz</u> <u>Tilapia with a flavorful sauce that includes tomatoes, capers, olives, white wine, and fresh herbs. is a healthy choice for a quick weeknight meal.</u></p>	SNACK & DRINK IDEAS <ul style="list-style-type: none"> • Pumpkin Spice Cruffins • Cheese Crisps • Spiced Hot Chocolate
Sat	 <p><u>Chicken Pot Pie Casserole</u> Made with simple ingredients that you likely have on hand, a great recipe for busy nights when you don't have much time to spend in the kitchen.</p>	
Sun	 <p><u>Smothered Barbecued Chicken</u> Sticky, juicy, tender chicken braised in your favorite barbecue sauce. It's Southern comfort food at its best!</p>	





Shopping List

Bacon	6 slices
Barbecue sauce	2 cups
Beef broth	14.5 ounces
Butter	5 tablespoons
Navy (or cannellini beans), canned	14.5 ounces
Black beans, canned	14.5 ounces
Diced tomatoes in juice	5 cans (14.1 ounces each)
Refrigerated biscuits (Pillsbury's Grands)	16.3 ounces
Stewed tomatoes, canned	15 ounces
Canola oil	2 tablespoons, plus 2 teaspoons
Capers	2 tablespoons
Parsley, fresh	2 tablespoons
Onion, chopped	2 1/2 cups
Chicken (cooked)	3 cups
Meatballs (homemade or frozen)	16
Cream of chicken soup	10.5 ounces (1 can)
Crushed red pepper flakes	1/4 teaspoon
Basil, fresh	3 tablespoons
Dry white wine	1/2 cup
Mushrooms, fresh	3 cups
Chicken, whole cut-up	3 pounds
Garlic	4 cloves
Sub rolls	4
Marinara sauce (homemade or purchased)	1 cup
Milk	1/2 cup
Mixed vegetables, frozen	2 cups
Olive oil	2 teaspoons
Onion powder	1 teaspoon
Parmesan and mozzarella mixed	1 cup
Red wine vinegar	2 teaspoons
Seasoned salt	1 1/2 tablespoons
Pasta (short-cut such as penne or ziti)	8 ounces
Cheddar cheese	1 1/2 cups
Mozzarella cheese	1 cup
Chicken breasts (boneless, skinless)	4
Sour cream	1/2 cup
Stuffed green olives	1/3 cup
Tilapia fillets	1 1/2 pounds
Tomato paste	2 tablespoons
Zesty Italian dressing	1/4 cup

