

DINNER MENU

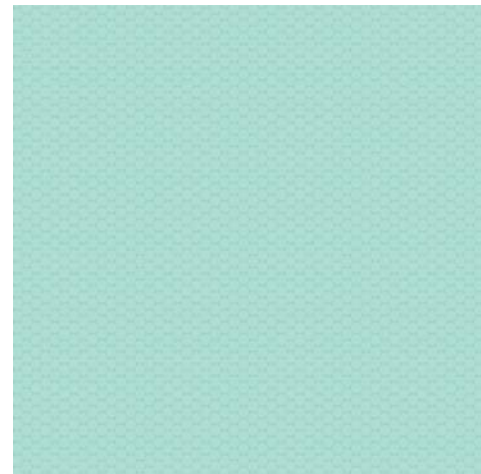
WEEK ONE



M Build-Your-Own
Burrito Bar



Tu Cheesy Chicken
Broccoli Bake



W New Recipe/
Take-Out / Leftovers



Th Chicken Sandwiches



F Chicken Divan



Sa Croissant Omelet
Breakfast Casserole



Su Crock Pot Meatball
Sandwiches



Notes

SHOPPING LIST

WEEK ONE

M Build-Your-Own
Burrito Bar

Tortillas
Cheese
Refried Beans
Lettuce
Tomato
Olives
Avocado
Salsa

Tu Cheesy Chicken
Broccoli Bake

Rotini pasta
broccoli florets
chicken
chicken broth
2 Pkgs Cream Chz
Moz Cheese
Grated Parm Cheese

W New Recipe/
Take-Out / Leftovers

Th Chicken Sandwiches

frozen chicken pattys
hamburger buns
lettuce
mayo
mustard
avocado

F Chicken Divan

Chicken breasts
sour cream
cream of chicken soup
broccoli florets
mayo
cheddar cheese

Sa Croissant Omelet
Breakfast Casserole

refrigerated crescents
ham lunch meat
eggs
milk
pepper
cheddar cheese
moz cheese

Su Crock Pot Meatball
Sandwiches

meatballs
spaghetti sauce
hoagies or buns
moz cheese

Other Items Needed:

BURRITO BAR

INGREDIENTS:

(all -except tortillas- are optional!)

Tortillas- flour or corn	Bell Peppers, diced
Beans- re-fried, black etc.	Onions, diced
Meats- beef, chicken	Cilantro
Spanish Rice	Salsa
Cheese, shredded	Sour Cream
Lettuce, shredded	Guacamole
Tomatoes, diced	
Olives, sliced	



DIRECTIONS:

Heat the tortillas, beans, meats and rice, then serve the rest fresh!

Serve with some chips and salsa, Spanish rice, re-friend beans, corn-on-the-cob etc.

CHEESY CHICKEN BROCCOLI BAKE

INGREDIENTS

- 1 package (16 oz) pasta noodles of your choice!
- 1 bag (14 oz) frozen broccoli florets
- 2 1/2 cups of cooked chicken, cubed
- 1 can (14.5 oz) chicken broth
- 1 pkg (8 oz) Cream Cheese, cubed and divided
- 2 cup shredded Mozzarella cheese, divided
- 2 Tbsp. Grated Parmesan Cheese
- 1/4 cup (approx.) of bread crumbs (optional)
- Dried basil (optional)



DIRECTIONS

Heat oven to 375°F. Spray a 13×9 inch baking dish with non-stick cooking spray. Cook pasta according to package directions, adding the broccoli to the water for the last 3 min. Drain and return to stove top. Add chicken and chicken broth to the pot and simmer for 3 min. Add 1/2 of the cream cheese; cook an additional 2 minutes or until cream cheese is melted. Stir in 1 cup mozzarella and remove from heat. Spoon into baking dish and add the remaining cubes of cream cheese scattered about the dish. Cover with foil. Bake for 10 minutes, then sprinkle with remaining cheeses and bread crumbs. Bake uncovered for 3 min. or until cheese is melted. Let stand 5 minutes to thicken. Sprinkle with dried basil then serve and enjoy!

CHICKEN SANDWICHES



DIRECTIONS:

INGREDIENTS:

breaded chicken patties
hamburger buns

OPTIONAL TOPPINGS:

lettuce tomato sliced cheese
mayonnaise mustard
avocado red onions

DIRECTIONS:

Cook the chicken patties according to package directions. Heat hamburger buns in microwave or in the toaster oven. Place chicken patty and desired toppings on bun.

Serve with a side of fries or potato chips.

VARIATION: Spread Frank's Red Sauce on top of the chicken for a Buffalo Chicken Sandwich!



CHICKEN DIVAN

INGREDIENTS:

6 boneless, skinless chicken breasts-
cut into cutlet-sized pieces
1 bag frozen broccoli
1 can cream of chicken soup
1 cup of mayo
1 cup of sour cream
1 1/2 cup grated cheddar cheese

OPTIONAL TOPPING:

2 Tbsp. butter or margarine,
melted mixed with 1/2 c. crushed corn
flakes

OPTIONAL SPICES

1 Tbsp. of lemon juice & 1/4 tsp. curry

DIRECTIONS:

Preheat oven to 350.

Lay chicken on the bottom of a 13×9 casserole dish. Place broccoli all around the chicken.

In a separate bowl, mix together the soup, mayo and sour cream.

(Add optional spices above if you'd like) Pour on top of chicken and broccoli.

Sprinkle with cheese and optional corn flake topping.

Bake for 30-45 minutes or until chicken is cooked. Serve with rice pilaf and enjoy!!



CROISSANT OMELET BREAKFAST CASSEROLE

INGREDIENTS:

1 can (8 oz.) ref. crescent rolls 1/2 tsp. pepper
8 oz. thin sliced ham, chopped 1 cup shredded Ched Cheese
6 eggs 1 cup shredded Mozz Cheese
1/2 cup milk Dried Parsley, optional

DIRECTIONS:

Heat oven to 350°F.

Unroll dough in 13×9-inch baking dish; press to cover bottom of dish, firmly pressing the perforations and seams together to seal. Top with ham.

In a mixing bowl, whisk eggs, milk and pepper until blended. Pour over ham.

Top with cheeses. Bake for 25 min. or until center is set. Sprinkle with parsley & serve!



CROCK POT MEATBALL SANDWICHES

INGREDIENTS:

1 bag of frozen meatballs
1 jar spaghetti sauce
bread of choice
moz. cheese, sliced or shredded

DIRECTIONS:

Toss the bag of frozen meatballs in your slow-cooker.

Cover with spaghetti sauce. Cook on low for 6-8 hours or on high for 4-6 hours.

Serve on your favorite bread and top with cheese.

OVEN METHOD: Preheat your oven to 350. Put your meatballs in a single layer in a 13×9 casserole dish. Cover with spaghetti sauce. Cover the dish with foil, then cook for 15-20 minutes or until heated through. Serve on your favorite bread and top with cheese.