

MON (MEXICAN)

Walking Tacos

TUES (ITALIAN)

Italian Pork Chops

WED (BRINNER)

Pumpkin Pancakes

THUR (OTHER CUISINE)

Slow Cooker Beef Stew

FRI (DATE NIGHT)

WEEKEND

Creamy Swiss Chicken Bake

SIDES

Crock Pot Rice

Tomato Mozzarella Salad

DESSERT

Perfect Caramel Apples

SHOPPING LIST

PRODUCE

Zucchini (1)
Summer Squash (1)
Red Bell Pepper (1)
Potatoes, peeled and cubed (6)
Carrots (1/2 package)
Beefsteak Tomato, sliced (2)
Apples, flavor of choice (6)

SPICES

Salt (2 tsp)
Pepper
Italian Seasoning (2 Tbsp)
Nutmeg (1/2 tsp)
Garlic Powder (1 tsp)
Basil, fresh

CANNED GOODS

Pumpkin Puree (1 1/3 cup)
(1) Golden Mushroom Soup

MEAT/PROTEIN

Ground Beef (1 lb)
Bone-in Pork Chops (4)
Egg (1)
Stew Meat (1 1/2 lbs)
Chicken Breast, boneless, skinless (4)

DAIRY

Parmesan Cheese, grated (1 cup)
Milk (1 1/2 cup)
Swiss Cheese, slices (4)
Sour Cream (1/2 cup)
Butter
Mozzarella, fresh thick sliced (6 oz)

PANTRY ITEMS

Olive Oil (4 Tbsp)
Vegetable Oil (2 Tbsp)
Flour (2 cup)
Brown Sugar (2 Tbsp)
Baking Powder (2 tsp)
Baking Soda (1 tsp)
Ground Cinnamon (1 Tbsp)
Mayonnaise (1/2 cup)
Uncle Ben's White Rice (1 1/2 cup)

OTHER

Taco Seasoning Mix (1 packet)
Chips - Fritos, Doritos, Chili Cheese Fritos
(6 personal size bags)
Taco Toppings (Ex: shredded lettuce, tomato,
shredded cheese, sour cream, etc.)
Syrup
Onion Soup Mix (1/2 packet)
Balsamic Glaze
BRACH'S Milk Maid Caramels (10 oz)
White Chocolate Candy Coating, optional
Crushed Candy Bits, optional

NOTES:

TIP OF THE WEEK:

Caramel Apples are on the menu this week! They are THE perfect fall treat. Enjoy the amazing caramel apple flavor in a variety of ways by trying our [Caramel Apple Dip](#), [Caramel Apple Cider](#) or [Caramel Apple Fudge](#).



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