

MON (MEXICAN)

Mexican Chicken and Corn Soup

TUES (ITALIAN)

Skillet Lasagna

WED (BRINNER)

Pumpkin French Toast Sticks

THUR (OTHER CUISINE)

Baked Spaghetti Squash

FRI (DATE NIGHT)

WEEKEND

Crock Pot Ribs

SIDES

French Bread

Parmesan Crusted Zucchini

DESSERT

Funnel Cakes

 Click for the recipes or search on lilluna.com

Another favorite fall fried food is our **Homemade Donuts!** Pair these with some warm **Apple Cider** or our **Halloween Hot Cocoa** for the perfect fall treat.

SHOPPING LIST

PRODUCE

- Onion (1)
- Spaghetti Squash (1)
- Tomatoes, chopped (1 1/2 cups)
- Zucchini (2)

GRAINS/BREAD

- Farfalle Noodles (2 cups)
- (1/2 loaf) French Bread
- *Option: use leftover Homemade French Bread

SPICES

- Garlic, minced (4 cloves + 2 tsp)
- Kosher Salt (2 tsp)
- Oregano (2 1/2 tsp)
- Cumin (1/2 tsp)
- Paprika (1/8 tsp)
- Cayenne (1/8 tsp)
- Salt
- Pepper
- Pumpkin Pie Spice (1/2 tsp)
- Basil, fresh (2 Tbsp)
- Chili Powder (2 tsp)

CANNED GOODS

- Chicken Broth (3 cup)
- (1) Tomatoes with Green Chiles (5 oz)
- Marinara Sauce (24 oz)
- Beef Broth (2 cups)
- Pumpkin Puree (1/4 cup)
- Black olives, sliced (3 Tbsp)

MEAT/PROTEIN

- Cooked Chicken, chopped (1 1/2 cup)
- Ground Beef (1 lb)
- Eggs (5)
- Baby Back Pork Ribs (3 lbs)

DAIRY

- Butter (1 tsp)
- Heavy Cream (1/3 cup)
- Colby Jack cheese
- Mozzarella Cheese (1 cup)
- Ricotta Cheese (3/4 cup)
- Milk (2 cup)
- Feta Cheese, crumbled (3/4 cup)
- Parmesan Cheese, grated (1/4 cup)

PANTRY ITEMS

- Vanilla (3/4 tsp)
- Cinnamon (1 1/4 tsp)
- Sugar (1/8 cup + 3 Tbsp)
- Vegetable Oil (7 Tbsp)
- BBQ Sauce (2 cup)
- Brown Sugar (1/4 cup)
- Apple Cider Vinegar (1/4 cup)
- Dry Yeast (2 Tbsp)
- Flour (8 cups)
- Olive Oil (1/8 cup)
- Baking Powder (1 tsp)
- Oil for frying

OTHER

- Frozen Corn (2 cup)
- Worcestershire Sauce (1 tsp)
- Funnel Cake Toppings (Ex: chocolate sauce, caramel sauce, powdered sugar, fresh fruit, etc.)



TIP OF THE WEEK:

Don't be intimidated by dessert this week! Funnel Cakes are delicious and really quite simple to make. So much so, they have quickly become a family tradition. Here are a few tips to help you & your family enjoy them too! 1) The oil needs to be HOT. 2) Squeeze bottles work better than funnels when pouring the batter into the oil. 3) Use both tongs & a spatula when cooking... Tongs to submerge in oil, metal spatula for flipping. Makes it go a whole lot easier! Toppings are endless on these yummy cakes too. Might we suggest chocolate sauce, caramel, and powdered sugar. Enjoy!!

NOTES:
