

**MON (MEXICAN)**

**Honey Lime Chicken Enchiladas**

**TUES (ITALIAN)**

**Italian Sausage Pasta**

**WED (BRINNER)**

**German Pancakes**

**THUR (OTHER CUISINE)**

**Beef Lo Mein**

**FRI (DATE NIGHT)**

**WEEKEND**

**Chicken and Dumpling Casserole**

**SIDES**

**Homemade Spanish Rice**

**Orange Juice Smoothie**

**DESSERT**

**Strawberries and Cream Angel Food Cake Trifle**

**SHOPPING LIST**

**PRODUCE**

Onion, chopped (1/2 cup + 1 small)  
Carrots (3 large)  
Broccoli (2 cups)  
Celery (1/2 cup)  
Fresh Thyme (1 tsp)  
Cilantro (6 stems), optional  
Strawberries (2 or more pints)

**GRAINS/BREAD**

Corn Tortillas (8)  
Bow Tie Pasta (16 oz)  
Thin Spaghetti (8 oz)  
Long Grain Rice (2 cups)

**SPICES**

Chili Powder (2 tsp)  
Garlic Powder (1/2 tsp)  
Minced Garlic (7 1/2 tsp)  
Crushed Red Pepper Flakes, optional (1/2 tsp)  
Salt (1/2 tsp)  
Dried Basil (1/4 tsp)  
Salt (1 1/2 tsp)  
Cumin (dash)  
Garlic Pepper (dash)

**CANNED GOODS**

Las Palmas Mild Green Chile Enchilada Sauce (19 oz)  
Italian Stewed Tomatoes (2- 14.5 oz cans)  
Chicken Broth (3 cups)  
Cream of Chicken Soup (10.5 oz)  
Tomato Sauce (8 oz)

**MEAT/PROTEIN**

Chicken, cooked & shredded (2 cups)  
Mild Italian Sausage (1 lb)  
Large Eggs (6)  
Beef (1 lb)

**DAIRY**

Colby Jack Cheese, shredded (2 cups)  
Heavy Cream (1 1/2 cups)  
Parmesan Cheese, shredded (1 cup)  
Butter (9 Tbsp)  
Milk (4 cups)  
Whipped Cream (16 oz)

**PANTRY ITEMS**

Honey (4 Tbsp)  
Oil (1 1/8 Tbsp)  
Flour (1 1/4 cup)  
Brown Sugar (2 Tbsp)  
Vegetable Oil (for frying)  
Vanilla Extract (1 tsp)  
Sugar (1/8 cup), optional

**OTHER**

Lime Juice (3 Tbsp)  
Beef Better than Bullion (1 Tbsp)  
Soy Sauce (3 Tbsp)  
Flaky Biscuits (16 oz can)  
Chicken Flavored Bouillon (1 cube)  
Orange Juice (1 cup)  
Ice Cubes (12)  
Angel Food Cake (1)  
White Chocolate Instant Pudding Mix (3.3 oz)



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**TIP OF THE WEEK:**

**Beef Lo Mein**, a tasty Asian dish similar to **Stir Fry**, is on the menu this week. We use thin spaghetti to make it because we always have it on hand, but you can use actual Lo Mein noodles if you prefer. Flank Steak works well for the meat, but other similar cuts work great too! The recipe calls for carrots and broccoli, but you can easily add whatever veggies are your favorite. Some other yummy ideas include bell peppers, mushrooms, snow peas, scallions, and zucchini.