

MON (MEXICAN)

Beef Empanadas

TUES (ITALIAN)

Chicken Parmesan Sliders

WED (BRINNER)

Belgian Waffles

THUR (OTHER CUISINE)

**Cheesecake Factory
Luau Salad**

FRI (DATE NIGHT)

WEEKEND

Fried Pork Chops

SIDES

Pea Salad

**Cheesy Spinach
Artichoke Bread**

DESSERT

Fruit Pizza Cookies

SHOPPING LIST

PRODUCE

Red Bell Pepper (4)
Fresh Basil, minced (1 tsp)
Boston Lettuce or Bibb Lettuce
(12-16 pieces)
Pineapple, fresh and sliced (4 cups)
Green Onion, sliced (4)
Celery Stalk, sliced (4)
Lemon (1)
Sliced Fruit for Fruit Pizza

GRAINS/BREAD

Hawaiian Sweet Rolls (9)
French Bread Loaf (1)

SPICES

Minced Garlic (1 tsp)
Salt
Pepper
Garlic Powder (1/2 tsp)

CANNED GOODS

Red Enchilada Sauce (1-2 cups)
Black Olives, diced (1/2 cup)
Marinara Sauce (1 - 1 1/2 cups)
Mandarin Oranges (2 cups)
Chicken Broth (1 cup)
Artichoke Hearts (8 oz)

MEAT/PROTEIN

Roast Beef,
cooked and shredded (2 1/2 lbs)
Frozen Breaded Chicken Tenders (24 oz)
Eggs (5)
White Meat Chicken, cooked (2 cups)
Center Pork Loin Chops, thinly sliced (4)
Bacon (4 strips)

DAIRY

Mozzarella Cheese Slices (6-8)
Butter (3/4 cup)
Parmesan Cheese (1 1/8 cup)
Milk (2 cups)
Romano Cheese, Grated (1/2 cup)
Unsalted Butter (1 1/4 cup)
Cheddar Cheese, shredded (3/4 cup)
Sour Cream (1/2 cup)
Cream Cheese (24 oz)
Mozzarella Cheese, shredded (1 cup)

PANTRY ITEMS

Lard or Shortening (1/2 cup)
Vegetable Oil (for frying)
Flour (8 1/2 cups)
Sugar (2 cups)
Baking Powder (7 1/2 tsp)
Vegetable Oil (1/2 cup)
Vanilla Extract (5 tsp)
Balsamic Vinegar (8 Tbsp)
Sesame Oil (8 Tbsp)
Honey (4 Tbsp)
Oil (1-2 Tbsp)
Vinegar (1 Tbsp)
Baking Soda (1 tsp)
Powdered Sugar (3 cups)

OTHER

Toppings for Waffles: fruit, powdered sugar,
whipped cream, buttermilk syrup
Wonton Strips (2 cups)
Macadamia Nuts, chopped (1 cup)
Sesame Seeds (2 tsp)
Pineapple Juice (1 cup)
Unseasoned Panko Crumbs (1 cup)
Frozen Peas (24 oz or 6 cups)
Mayonnaise (1 1/2 cups)
Sunflower Seeds (for Pea Salad), optional
Frozen Spinach (1 cup)

TIP OF THE WEEK:

Empanadas are on the menu for Mexican Monday. If you've never made them, don't sweat it! They just have a few ingredients including **enchilada sauce** and **beef**. If you don't love beef, you can substitute **Pulled Pork** or **Shredded Chicken** (just omit the BBQ sauce and add 505 Green Chili Sauce instead). When folding the empanadas, don't overfill the center and, once assembled, place the empanadas in the fridge for 20-30 minutes. This can help them "set" and stay together while being cooked.

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