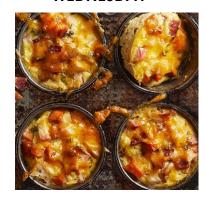
## **WEEKLY DINNER MENU**

### **MONDAY**



Philly Cheesesteak Sloppy Joes With Side of Broccoli

#### **WEDNESDAY**



Breakfast for Dinner: Mini Apple, Bacon and Sweet Potato Casseroles

#### **FRIDAY**



Homemade Chicken
Tenders With Everything
Bagel Seasoning
Served Over Salad

#### **GROCERIES**

Nonstick cooking spray

1 pound lean ground beef

1 pound chicken tenders

5 ounces mixed baby greens

10 slices bacon

8 large eggs

4 (6-inch) whole wheat sub rolls

4 slices provolone cheese

1 (10-ounce) sweet potato

3 cups broccoli

2 cups chopped cooking apples

1 cup tomato sauce (no salt added)

1 cup sautéed peppers and onions

3/4 cup fat-free milk

3/4 cup shredded cheddar cheese

1/2 cup whole wheat panko

breadcrumbs

1/2 cup chopped white onions

1/4 cup grapeseed or canola oil

2 tablespoons all purpose flour

2 tablespoons extra virgin olive oil 1 tablespoon everything bagel seasoning

1 tablespoon white wine vinegar 2 teaspoons fresh thyme or 1/2

teaspoon dried thyme

2 teaspoons organic canola or avocado oil

1 teaspoon Dijon mustard

1 teaspoon honey

1 teaspoon dried oregano

1/4 teaspoon salt

3/8 teaspoon ground pepper

# TUESDAY, THURSDAY AND THE WEEKEND

- Use your leftovers
- Chicken tender subs (extra rolls needed)
- Steak and eggs (leftover ground beef and extra eggs)

