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MENU PLAN MONDAY

WEEK 11

Easy Chicken Noodle Soup
Salisbury Steak with Gravy
Too Easy Pork Tacos - double and freeze half
Creamy Baked Ziti
Creamy Scrambled Eggs with Ham

Produce:

1 small onion
2 stalks of celery
5 carrots
egg noodles, rice or mashed potatoes to serve with Salisbury Steak
any toppings for tacos
5 medium garlic cloves, minced
1 green onion

Meat/Poultry/Seafood:

2 cups diced or shredded cooked chicken
2 lbs ground beef
2½ lbs. country style boneless pork ribs (buy them with the least amount of fat)
2/3 cup cubed fully cooked ham

Prepared Foods:

1 pkg chicken gravy
3 packets (0.75 oz each) brown gravy mix
1 pkg dry French Onion Soup Mix
1 cup apple juice
1 (1.25 oz) pkt taco seasoning
1 (28 oz.) can tomato sauce
1 (14.5 oz.) can diced tomatoes

Dairy:

11 eggs
1 cup sour cream
1 (16 oz.) container cottage cheese
1 1/2 cups grated Parmesan cheese
1 1/3 cup heavy cream
4 ounces cream cheese
8 ounces mozzarella cheese, cut into 1/4-inch pieces (about 1 1/2 cups)

Bread/Pasta:

2 cups uncooked noodles (I used large elbow noodles)
tortillas for tacos
1 pound ziti or other short, tubular pasta

Pantry:

4 cubes of chicken bouillon
½ cup cracker crumbs (I used Ritz)
olive oil
dried oregano
dried basil
sugar
cornstarch
salt
pepper
butter