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## MENU PLAN MONDAY

WEEK 16

*Easy Creamy Potato Soup*  
*Weekend Breakfast Bake*  
*Indoor BBQ Chicken*  
*Mom's Rice Meatballs*  
*Baked Rigatoni*

### **Produce:**

3 onions  
optional garnish for soup - diced green onion

### **Meat/Poultry/Seafood:**

optional garnish for soup - diced bacon  
4 boneless, skinless chicken breasts  
about 1/2 lb thinly sliced ham  
1½ lb. ground beef  
12 oz. pork sausage  
1 can (10-3/4 ounces) condensed cream of mushroom soup

### **Prepared Foods:**

2 (14 oz) cans chicken broth  
1 (10 3/4 oz) can cream of chicken soup  
evaporated milk  
1 (10¾ oz) can condensed tomato soup

### **Frozen Foods:**

1 (30 oz.) bag southern style frozen hash browns (these are the small cubed potatoes. You want large cubes-1/2-3/4 inch size- if possible)

### **Bread/Pasta:**

1 pkg (16 oz) rigatoni pasta

### **Dairy:**

1 (8 oz) pkg. light cream cheese, cut into cubes  
optional garnish for soup - shredded cheese  
1 cup butter  
1 qt milk (4 cups)  
2 cups grated mozzarella cheese  
4 cups (16 ounces) shredded Monterey Jack or cheddar cheese  
8 eggs

### **Pantry:**

canola oil  
salt  
pepper  
ketchup  
molasses  
cider vinegar  
Worcestershire sauce  
Dijon mustard  
maple syrup  
red pepper flakes  
flour  
onion salt  
cayenne pepper