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MENU PLAN MONDAY

WEEK 20

Easy Pasta Soup

Creamy Salisbury Steak

Honey Bourbon Crockpot Chicken

Easy Barbecue Pork Sandwiches

Ravioli Casserole

Meat/Poultry/Seafood:

1 lb. mild italian sausage

2 pounds ground beef

1 lb. boneless, skinless chicken thighs

2 lbs. boneless country-style pork ribs

Prepared/Canned Foods:

3 cups beef broth

1 (14.5 oz) can petite diced tomatoes

1 cup frozen corn

1 (24 oz) marinara sauce

1 package Onion Soup Mix

1/2 cup cracker crumbs

2 packets (0.75 oz) brown gravy mix

1 small can mushroom stems, optional

1 jar (28 ounces) spaghetti sauce

1/2 cup barbecue sauce

1/2 cup sweet and sour sauce

Bread/Pasta:

1 1/2 cup uncooked pasta (I used mini bowtie)

egg noodles, rice or mashed potatoes to serve with salisbury steak

hot rice to serve honey bourbon chicken over

1 package (25 ounces) frozen cheese ravioli

8 kaiser rolls or hamburger buns

Produce:

1 onion

1 green bell pepper

4 cloves of garlic

Dairy:

Optional topping for soup: shredded mozzarella cheese or parmesan cheese

1 egg

1 cup sour cream

2 cups (16 ounces) small curd cottage cheese

4 cups (16 ounces) shredded mozzarella cheese

1/4 cup grated Parmesan cheese

Pantry:

dried thyme

dried parsley

salt and pepper

1 cup honey

1/2 cup low sodium soy sauce

ketchup

canola oil

red pepper flakes

cornstarch

sesame seeds, optional