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MENU PLAN MONDAY

WEEK 21

Stuffed Pork Chops
Individual Chicken Pot Pies
Monte Cristo Sandwiches
Quick Vegetable Beef Soup
Navajo Fry Bread for Navajo Tacos

Meat/Poultry/Seafood:

4 -5 bone in pork chops (about 1½ lbs total weight)
2 cups cooked and shredded chicken (I used rotisserie chicken)
8 slices turkey breast
8 slices Black Forest or other ham
1 lb ground beef

Frozen Foods:

2 cups frozen southern style hash browns
2 cups frozen peas
puff pastry
1 cup frozen corn
3 cups frozen southern style hash browns
1 cup frozen cut green beans or 1 (14.5 oz) can cut green beans drained

Prepared/Canned Foods:

1 (10 3.4 oz) can cream of mushroom soup
2 cups chicken broth
¼ cup raspberry or strawberry jam (optional)
1 (32 oz) carton beef broth
1 (24 oz) jar marinara sauce

Bread/Pasta:

4 cups sandwich bread, cut into ½ inch cubes
8 slices sturdy white sandwich bread

Produce:

2 onions
2 cups carrots, sliced
1 carrot, diced
5 cloves garlic
¼ cup celery, diced

Dairy:

1 cup butter
2 large eggs
1 1/2 cup milk
4 slices Swiss cheese

Pantry:

salt and pepper
canola oil
dried sage
soy sauce
flour
poultry seasoning
Confectioners' sugar (optional)
cumin
Italian seasoning
1 bay leaf
baking powder
active dry yeast