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MENU PLAN MONDAY

WEEK 25

Mom's Sloppy Joes
Confetti Chicken Bake
Slow Cooker Tomato Basil Soup
Homemade Corn Dogs
Southwest Chicken Wraps

Produce:

2 cups onion chopped
2 cloves garlic
½ cup diced red pepper
2 green onion, optional
1 cup finely chopped celery
1 cup finely diced carrots
¼ cup fresh basil, minced
3 Tbsp. lime juice
1/2 roasted red pepper, diced (see instructions in recipe or purchase roasted red peppers in a jar)
1/4 cup fresh cilantro, chopped

Meat/Poultry/Seafood:

1 pound hamburger
2 cups cooked chicken, diced
2 chicken breasts, cooked and shredded
10-12 hot dogs

Prepared/Canned Foods:

1 (10¾ oz) can condensed tomato soup
4 ½ cups chicken broth
3 (15 oz.) cans petit diced tomatoes
1 can black beans

Breads/Rice/Pasta:

8 hamburger buns
1 cup cooked rice, warm or at room temperature
8 burrito-sized flour tortillas

Frozen Foods:

1 cup frozen peas and carrots

Dairy:

8 slices of american cheese, if desired
1 cup shredded sharp cheddar cheese
4 eggs
1 cup freshly grated parmesan cheese
2 cups half and half
sour cream or guacamole
2 and 2/3 cup shredded taco blend or Mexican blend cheese

Pantry:

sugar
barbecue sauce
3 cups milk
flour
baking powder
baking soda
salt
pepper
butter
dried oregano
vinegar or lemon juice
yellow corn meal
chili powder
ground cumin
garlic salt

Non-food items:

brochettes or wooden skewers, cut in half