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## MENU PLAN MONDAY

### WEEK 27

*Sloppy Joe Sliders*  
*Ravioli Casserole*  
*Taco Spiced Grilled Chicken*  
*Slow Cooked Brown Sugar and Maple Pork Roast*  
*Eggo Monte Cristo Sandwiches*

#### **Produce:**

medium onion  
green bell pepper  
garlic

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

1 lb. ground beef (can use ground turkey if you prefer)  
10-12 chicken tenders  
2 lbs pork sirloin tip roast or tenderloin  
12 thin slices turkey breast  
12 slices Black Forest or other ham

#### **Prepared/Canned Foods:**

½ Cup tomato juice  
1 (28 oz) jar spaghetti sauce  
¼ cup raspberry or strawberry jam

#### **Breads/Rice/Pasta:**

slider buns or rolls (I use white dollar rolls from my local Walmart or you can just get regular hamburger buns)

#### **Dairy:**

2 cups (16 oz) small curd cottage cheese  
4 cups (16 oz) shredded mozzarella cheese  
¼ cup grated Parmesan cheese  
2 large eggs  
½ cup milk  
4 slices Swiss cheese

#### **Frozen Foods:**

1 (25 oz) pkg. frozen cheese ravioli, cooked and drained  
8 Eggo Homestyle or Buttermilk Waffles, thawed

#### **Pantry:**

ketchup  
brown sugar  
dry mustard  
Worcestershire sauce  
bbq sauce  
chili sauce  
ground cumin  
taco seasoning  
dried oregano leaves  
olive oil  
salt and pepper to taste  
real maple syrup  
Dijon mustard  
honey  
brown sugar  
balsamic vinegar  
dried thyme  
cornstarch  
butter  
Powdered sugar