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MENU PLAN MONDAY

WEEK 30

BBQ Chicken Salad
Pain Perdu (a.k.a. French Toast)
Hula Joes
Grilled Chicken Breast Tostadas
Chow Mein Bake

Produce:

2 hearts of romaine, cut or torn into
1 red onion
15 salad tomatoes (like grape or cherry tomatoes)
2 cups sliced strawberries
2 tsp grated orange peel
1 sweet onion, such as Maui or Vidalia
1 onion
2 stalks of celery
3-4 cloves garlic
2 limes
guacamole (make or buy)
pico de gallo (make or buy)

Meat/Poultry/Seafood:

1 chicken breast (can be from a rotisserie chicken)
3 boneless skinless chicken breast (about 1 1/2 pounds)
1/4 pound smoked ham or bacon, diced
1 1/2 pounds ground pork
1 lb ground beef

Prepared/Canned Foods:

1/2 (15 oz) can black beans, rinsed and drained
sliced olives
tortilla strips
1 cup tomato sauce
1 cup pineapple, chopped* (the recipe calls for fresh but I used canned tidbits cut in half)
1 (10 3/4 oz) can cream of chicken soup
1 (10 3/4 oz) can cream of mushroom soup
1 (5 oz) can chow mein noodles (about 1 1/2 cups)

Frozen Foods:

1 cup frozen sweet corn

Breads/Rice/Pasta:

8 slices day-old French bread (about 1 inch thick)
4 Kaiser rolls
6 (6 inch) corn tortillas
1/2 cup uncooked rice

Dairy:

3/4 cup milk
3 large eggs
1 cup shredded cheddar cheese
1 cup sour cream

Pantry:

bbq sauce
ranch dressing
sugar
ground cinnamon
vanilla extract
nutmeg
salt
ground black pepper
4 tsp butter, divided
powdered sugar
extra virgin olive oil
brown sugar
red wine vinegar
Worcestershire sauce
soy sauce