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MENU PLAN MONDAY

WEEK 34

Jerk Pork with Pineapple Salsa
Grilled Italian Sausage Sandwiches
Rosemary Ranch Chicken Kabobs
Slow Cooker Mac and Cheese
Szechuan Beef and Noodles

Produce:

10 cloves garlic
1 lime
½ cup fresh orange juice
1½ cups chopped fresh pineapple
1 medium red bell pepper
! orange, yellow or green pepper
8 green onions
Juice from ½ lime
¼ cup chopped cilantro
2 medium onions
1 stalk of celery
1½ tsp crushed fresh ginger

Meat/Poultry/Seafood:

3 lb boneless pork roast, lean, all fat removed
1 (19.76 oz) pkg. Italian Sausage Links (I used the Johnsonville mild)
5 boneless skinless chicken breast halves – cut into 1 inch cubes
1 lb ground beef

Dairy:

5 slices provolone cheese
1½ cups whole milk
¼ cup of butter
2 large eggs, beaten
20 oz. sharp Cheddar cheese, grated (about 5 cups)

Prepared/Canned Foods:

1 – 3 Tbsp Jerk Seasoning (I used mild)
½ cup Italian dressing
1 (12 oz) can evaporated milk
¾ cup cold or room temperature beef broth

Breads/Rice/Pasta:

hot cooked rice for serving jerk pork over
5 hoagie buns or hot dog buns
8 oz dry elbow macaroni
8 oz vermicelli or angel hair pasta

Pantry:

salt
olive oil
ranch dressing
Worcestershire sauce
dried rosemary
lemon juice
white vinegar
ground black pepper
sugar
paprika
sesame oil
red pepper flakes
cornstarch
hoisin sauce
soy sauce

Non-Food Items:

Disposable aluminium pan