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MENU PLAN MONDAY

WEEK 39

Barbecue Pork Sandwiches
Quick Beef Skillet Enchiladas
Easy Garlic Pasta
Homemade Chicken Strips
Crock Pot Sweet and Sour Meatballs

Produce:

2 onions
8 cloves of garlic
freshly chopped parsley
1 green pepper, diced (optional)

Meat/Poultry/Seafood:

1 lb. ground beef
1 (3 lb to 4 lb) pork roast
3 pds chicken tenders
1 (16 oz) pkg. frozen fully cooked meatballs

Dairy:

2 cup shredded cheddar cheese
sour cream
2 cup buttermilk
4 oz Parmesan Cheese, grated
1½ cups cream

Breads/Rice/Pasta:

15 corn tortillas
1 lb. linguine pasta
buns or rolls for bbq pork
rice

Prepared/Canned Foods:

1 (20 oz) can red enchilada sauce
sliced black olives
1 (16oz-18 oz) bottle of barbecue sauce
3 (12 oz. cans) root beer
6 cups chicken broth
1 (16-18 oz) bottled sweet and sour sauce
1 cup pineapple tidbits, drained (optional)

Pantry:

canola oil
salt and pepper
flour
seasoned salt
butter
olive oil