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MENU PLAN MONDAY

WEEK 43

Mock Stroganoff
Baked Buttermilk Chicken
Slow Cooker Pork Roast and Gravy
Chalupas
Cheddar Cheese French Dips

Produce:

2 onions
¼ cup sliced fresh mushrooms
green onion, optional
4 to 5 potatoes
1 sprig fresh rosemary
6-8 carrots, cut into thirds or equal amount of baby carrots
(I used ½ lb)
1 cup fresh salsa
2 cups finely chopped lettuce (optional for Chalupas)
1 cup guacamole (optional for Chalupas)
2 cloves of garlic

Meat/Poultry/Seafood:

1 lb ground beef
6 boneless skinless chicken breasts, cut in half
2 – 2½ lb pork roast {I use a Pork Sirloin Tip Roast}
1 lb thinly sliced deli roast beef

Breads/Rice/Pasta:

4 cups uncooked noodles (Bow tie, rotini, penne, whatever you want)
hot cooked rice or mashed potatoes to serve with Buttermilk Chicken
8 (6-inch) flour tortillas- or use corn
4 ciabatta rolls, split or a 1 lb ciabatta loaf slit and cut into 4 pieces

Dairy:

3 cups sour cream
2½ cups buttermilk
1/2 cup butter
2 cups shredded Monterey Jack and cheddar cheese blend
1 cup shredded cheddar cheese

Prepared/Canned Foods:

2 envelopes brown gravy mix
2 (10¾ oz) cans cream of chicken soup
1 (10.5 oz) can cream of mushroom soup
2 packets pork gravy mix
2 cups refried beans
1 pkg au jus mix prepared according to pkg directions

Pantry:

flour
salt
pepper
olive oil
1 bay leaf
Nonstick cooking spray