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MENU PLAN MONDAY

WEEK 53

Fruited Tuna Salad Pitas
Slow Cooker Meatball Minestrone
Cheesy Lasagna Rolls
Quick Crustless Quiche
Loaded Potato and Chicken Casserole

Produce:

1 medium apple
1 rib celery
alfalfa sprouts (or you could use lettuce if you prefer)
1½ cups sliced carrots
onion
green onion
4½ cups diced russet potatoes (skins left on), divided

Prepared/Canned Foods:

1 can (11 oz.) mandarin Oranges
1/3 cup chopped pecans
1/4 cup dried cranberries
3 (14.5 oz cans) petite diced tomatoes
1 (8 oz) can tomato sauce
4 cups beef broth
1 (15 oz) can kidney beans
1 (15 oz) can Garbanzo beans
1 (10¾ oz) can tomato soup
1 (28-32 oz) jar spaghetti sauce
½ cup biscuit/baking mix like Bisquick)

Breads/Rice/Pasta:

4 (6 in.) pita breads
8 oz of Ditalini Pasta or Elbow Macaroni
12 Lasagna noodles

Frozen Foods:

1 cup frozen green beans

Meat/Poultry/Seafood:

1 can (12 oz) white albacore water packed tuna, drained (regular tuna would also work)
30-35 fully cooked frozen Italian Meatballs
1 cup cooked ham, diced
1 lb. boneless, skinless chicken breasts
4 slices cooked and crumbled bacon

Dairy:

shredded or grated parmesan cheese for garnish
¼ cup Parmesan cheese
1 (15 oz) container ricotta cheese
4 egg
2 cups mozzarella cheese
1½ cups milk
½ cup plus 2 Tbsp butter
1 cup shredded Swiss cheese
1½ cups shredded cheddar cheese, divided
½ cup heavy cream

Pantry:

mayonnaise
honey
salt
basil
oregano
thyme
parsley flakes
pepper
garlic salt