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| Day | Meal | Ingredients Needed |
| Saturday | Lasagne  Garlic Bread  Caesar Salad | Lasagne Noodles, Beef burger, Cottage Cheese, shredded Mozzarella Cheese, eggs, Canned diced tomatoes, canned tomato sauce, canned mushrooms, Italian seasoning, garlic seasoning, salt, pepper, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Sunday | Roast Chicken  Mashed Potatoes  Gravy  Creamed Carrots  Caesar Salad | Roasting Chicken, butter, poultry seasoning, garlic, salt, pepper, potatoes, gravy pkt, carrots, brown sugar, butter, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Monday | Mountains | Beef Burger, Beef oxo, garlic, salt, pepper, onion chopped, canned mushrooms, cream of mushroom soup, potatoes, peas |
| Tuesday | Chicken Pot Pie | Cooked roast chicken or canned chicken breast, carrots, potatoes, celery, onions, chicken oxo, salt, pepper, poultry seasoning, garlic, cornstarch, Pie Crust: Crisco, flour, salt, water |
| Wednesday | Nikkis Sweet pork chops  Rice a Roni  Corn  Green Beans | Pork Chops, onion soup mix, ketchup, rice a roni 2 pkts, butter, corn & green beans frozen |
| Thursday | Hamburgers  Fries or tatertots  Caesar salad | Beef patties, or (beef burger, onion soup mix, garlic, egg, beef oxo) Hamburger buns, ketchup, mustard, cheese slices, pickles, onion fresh, lettuce, mayonnaise, fries or tatertots, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Friday | Pizza | Dough: white flour or bread flour, yeast, sugar, salt, pizza sauce (tomato sauce with Italian seasoning and garlic) ham slices, pepperoni slices, shredded mozzarella cheese, onion, green pepper, canned pineapple tidbits, fresh tomato |
| Day | **Meal** | **Ingredients Needs** |
| Saturday | Taco Salad | Beef Burger, taco seasoning, garlic, salt, pepper, salsa, onions, cucumber, lettuce, doritos, brown beans, sour cream, ranch dressing, chili sauce |
| Sunday | Chicken Parmesan  Pasta  Fresh veg stir fry | 5 Chicken Breasts, egg, bread crumbs, oil, linguine noodles, canned tomato, basil, garlic, sugar, dried oregano, salt pepper, marble cheese, parmesan cheese, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Monday | Potato Soup  Buns or cheese bread | Ham, potatoes, carrots, celery, onions, chicken oxo, poultry seasoning, pepper, milk, cornstarch, buns or bread and marble cheese |
| Tuesday | Beefy Rice Casserole  Caesar salad | Beef, onion soup mix, diced canned tomatoes, onion, bell pepper, chili powder, chili sauce, salt pepper, minute rice, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Wednesday | Chicken Chow Mein  Chinese Noodles  Fresh Veg Stir Fry | Chicken Breasts, garlic, chicken oxo, soy sauce, ginger seasoning, apple juice, Chinese noodles, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Thursday | Pot Roast  Buns | Roast or steaks, potatoes, carrots, celery, onion, beef oxo, onion soup mix, buns |
| Friday | Shake N Bake Chicken  Tater tots or fries  Corn  Creamed Carrots | Chicken thighs or drumsticks, 2 pkt of shake and bake, pkg fries or tater tots, corn, carrots, butter, brown sugar |

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| Day | Meal | Ingredients Needs |
| Saturday | Hamburger Soup  Buns | Beef Hamburger, Barley, Onion, Bay leaf, carrots, peas, tomato soup, diced canned tomatoes, thyme, pepper, garlic, parsley, beef oxo, buns |
| Sunday | Kelceys Baked chicken  Hot potato salad  Veg stir fry | 5 Chicken breasts, cream of chicken soup, mayonnaise, milk, lemon juice, pepper, salt, bacon, chives flavoured cream cheese, Hot potato salad: bacon slices, Dijon mustard, honey, oil, red wine vinegar, garlic, fresh parsley, small red potatoes, pepper, salt, shredded cheese, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Monday | Ham  Mashed Potato  Buns  Creamed carrots  corn | Ham, potatoes, buns, carrots, butter, brown sugar, frozen corn |
| Tuesday | Tatertot Casserole  Fresh veg and dip | Beef hamburger, onion, mixed frozen veg, tomato soup, salsa, bag of tater tots, shredded marble cheese, fresh veg, broccoli, cauliflower, carrots, veg dip ranch |
| Wednesday | Ginger chicken  Bacon fried rice  Veg sitr fry | 5 chicken breasts, oil, flour, maple syrup, cider vinegar, soy sauce, ginger seasoning, garlic, pepper, minute rice, onions, bacon, plum sauce, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Thursday | Fried Pork Chops  Perogies  Green Beans  Mushroom soup gravy | Pork Chops, oil, salt, pepper, garlic seasoning, 1 pkg perogies, green beans frozen, cream of Mushroom soup |
| Friday | Arby’s Style Burgers  Tatertots, fries or onion rings  Caesar Salad or salad | Roast deli meat, oil, onion, tomato soup, brown sugar, vinegar, Worcestershire sauce, hamburger buns, tater tots/fries or onion rings, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Day | Meal | Ingredients Needs |
| Saturday | Bacon wrapped steaks  Scalloped potatoes  Steamed veg  White sauce | Beef steak marinated, 1 pkg bacon, potatoes, cream of mushroom soup, onions, canned mushroom, garlic, milk, chicken oxo, shredded marble cheese, broccoli, cauliflower, flour/cornstarch, milk, cheese, |
| Sunday | Turkey/Chicken Noodle Soup  Buns  Salad | Turkey/chicken cooked, carrots, onion, celery, chicken oxo, poultry seasoning, broad noodles, buns, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Monday | Sausage  Perogies  Green beans  Mushroom soup gravy | Sausage, 1 pkg perogies, green beans frozen, cream of mushroom soup |
| Tuesday | Breakfast dinner:  Pancakes, bacon or ham, hasbrowns, eggs, toast | Pancake mix, frozen blueberries, butter, syrup, bacon/ham, 1 pkg frozen hashbrowns, oil, eggs, salt, pepper, bread, jam |
| Wednesday | Chilli & Scoops Chips | Beef Burger, canned diced tomatoes, canned tomato sauce, canned mushrooms, Italian seasoning, garlic, salt, pepper, onion, pepper, chili powder, beef oxo, canned red kidney beans, canned pork n beans, tostitios scoops, shredded marble cheese |
| Thursday | Chicken Balls  Chinese Noodles  Fresh veg stir fry | Chicken breasts cubed, cornstarch, oil, deep fryer, salt pepper, Chinese noodles, plum sauce, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Friday | Pizza | Dough: white flour or bread flour, yeast, sugar, salt, pizza sauce (tomato sauce with Italian seasoning and garlic) ham slices, pepperoni slices, shredded mozzarella cheese, onion, green pepper, canned pineapple tidbits, fresh tomato |

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| Day | Meal | Ingredients Needs |
| Saturday | Spaghetti  Garlic bread  Caesar Salad | Beef burger, canned diced tomato, canned tomato sauce, canned mushrooms, Italian seasoning, garlic, salt, pepper, onion, green pepper, beef oxo, garlic bread, romaine lettuce, Caesar dressing, croutons, shredded marble cheese |
| Sunday | Sante Fe Chicken  Rice or Rice-a-Roni  Veg stir fry | 5 chicken breasts cut lengthwise, salsa, shredded marble cheese, Minute Rice or Rice-A-Roni, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Monday | Honey Ham  Hot potato salad  Corn  Creamed carrots | Ham slice, honey, hot potato salad: bacon slices, Dijon mustard, honey, oil, red wine vinegar, garlic, fresh parsley, small red potatoes, pepper, salt, shredded cheese, frozen corn, carrots, brown sugar, butter |
| Tuesday | Mini Burgers (taco)  Potato Patties  Onion Rings  Chefs Salad | Beef burger, egg, breadcrumbs, beef oxo, onion soup mix, taco seasoning, (mini slider buns) frozen potato patties, frozen onion rings, Salad, lettuce, boiled eggs, tomato, onion, dressing, carrots, bell pepper, |
| Wednesday | Home made Chicken Fingers  Pasta with Vodka Sauce  Veg Stir Fry | 5 chicken breasts, ranch, egg, bread crumbs, parmesan cheese, garlic seasoning dry, salt, pepper, penne pasta noodle, 1 jar vodka sauce, fresh veg: cauliflower, carrots, red onion, broccoli, mushrooms, zucchini, chicken oxo, garlic, margarine |
| Thursday | Meatballs  Mashed Potato  Gravy  Corn  Creamed Carrots | Beef burger, egg, breadcrumbs, onion soup mix, potato, gravy pkt, frozen corn, carrots, butter, brown sugar |
| Friday | Broccoli Baked Chicken  Sidekicks Noodles  Green Beans | 1 broccoli, fresh mushrooms, 2 green onion, mrs dash seasoning, 5 chicken breasts (sliced in half skinny) 1 can mushroom soup, mayonnaise, garlic powder, celery salt, bread crumbs, oil, grated cheese, parsley flakes, 2 pkg sidekicks noodles, green beans |