

Week of: December 24

Harvest of the Week: Greens

## Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fresh Spinach Omelet Pears & Mandarins Chocolate Milk	Yogurt Banana Muffins 100% Juice	Breakfast Sandwich Strawberries	Whole Wheat Toast Yogurt & Fruit Cocktail Parfaits	Crustless Spinach Quiche Grapes & Apples Orange Juice	Apple Fritter Rings Sausage Hot Chocolate	Banana Crepes w/ Orange Sauce Orange Juice
Snack	Apple Slices	Lettuce Roll Ups	Orange Slices	Grapes	Strawberries		
Lunch	Grilled Cheese Sandwiches Carrot Sticks	Chicken Soup Pear Slices	Turkey Sandwich Cranberry Salad Apple Slices	Peanut Butter & Jelly Cookie Cutter Sandwich Mandarins	Canned Chili Biscuits	Tuna Melts Carrot & Celery Sticks Ranch	Bean Soup w/ Kale Biscuits Brownies
Dinner	Baked Parmesan Chicken Broccoli Rice	Beef Stew Corn Bread Green Salad	Herb Coated Cod Green Beans Mandarins	Baked Macaroni & Cheese Collard Greens Fruit Salad	Chicken Pot Pie Green Beans Apple Pie	Spinach Manicotti Garlic Bread Green Salad	Pot Roast Mashed Potatoes Gravy Peas Creamy Orange Salad

# Shopping List

## **Produce**

1 lb. Spinach (+1/2 lb.)  
Onion (1/2)  
Mushrooms (1/2 pkg.)  
Mandarin Oranges (1 case)  
Pears (2 lbs.)  
Apples (3 lbs.)  
5 Large Tart Apples  
8 Med Carrots (+1 lb.)  
9 Large Bananas  
Lettuce (1 head)  
Celery (1 bunch)  
Salad Mix (2)  
5 Med. Potatoes (+ 3lbs)  
8 Onions (+1)  
12 Cloves Garlic  
Strawberries (2 lbs.)  
Oranges (1lb)  
4 Plum Tomatoes (1)  
Grapes (1 large bunch)  
1 lb. Fresh Collard Greens  
1 C. +3 Tbsp. Chopped Fresh Parsley  
4 C. Chopped Raw Kale

## **Dairy**

Eggs (32)  
Milk (2 gallons)  
Sliced Cheese (any kind 2 pkgs.)  
1 C. + 2 Tbsp. Grated Parmesan Cheese  
8 oz. + 1 1/2 C. Shredded Mozzarella  
Yogurt Cups (6)  
3 C. Yogurt (any flavor)  
1 C. Butter (+ 1lb)  
10 oz. Sharp Cheddar  
3 C. Shredded Munster Cheese  
15 oz. Ricotta Cheese  
6 oz. Cream Cheese

## **Frozen**

Broccoli  
Green Beans  
Garlic Bread  
Peas  
2 pkgs. 10 oz. Frozen Spinach  
Orange Juice (3)  
Apple Pie  
Mixed Vegetables  
8 oz. Whipped Topping

## **Canned**

Tuna (4 Cans)  
8 C. Chicken broth (+ 2 large Cans)  
28 oz. Plum Tomatoes  
Fruit Cocktail (28 oz.)  
Chili (2 large cans)  
2 15oz. White Beans  
14 oz. Sweetened Cond. Milk

## **Dry**

Chocolate Milk Mix  
Whole Wheat Bread (2 loaves)  
English Muffins (6)  
Rice (2 C.)  
4 C. All Purpose Flour  
2 tsp. Baking Powder  
1 tsp. Baking Soda  
Salt & Pepper  
2 3/4 C. White Sugar  
Ground Cumin  
2 tsp. Ground Thyme  
1 tsp. Dried Basil  
Red Pepper Flakes  
Corn Bread Mix (2 small pkgs.)  
1/2 C. Med. Pearl Barley  
1 Bay Leaf  
3 Tbsp. Corn Starch  
2 Tbsp. Sesame Seeds  
1 Tbsp. Poppy Seeds  
1/4 tsp. Paprika  
2/3 C. Butter Cracker Crumbs  
1/2 tsp. Dried Oregano  
1/2 tsp. garlic powder  
8 oz. Elbow Macaroni  
1 C. Dry Bread Crumbs  
4 C. Baking Mix  
1/2 tsp. Ground Cinnamon  
8 oz. Manicotti Shells  
Brownie Mix  
2 tsp. Dried Italian Herb Seasoning  
1 Envelope Onion Soup Mix

## **Other**

3 24 oz. Jars Spaghetti Sauce  
2 1/2 C. + 1 tsp. Vegetable Oil (+2 Tbsp.)  
100% Fruit Juice (1 Gallon)  
Mayonnaise (1/2 C.)  
3/4 C. Slivered Almonds  
1 C. Dried Cranberries  
1/4 C. White Wine Vinegar  
1/4 C. Cider Vinegar  
Peanut Butter (1/2 C.)  
Jam/Jelly (1/2 C.)  
1 Pre-Made Pie Crust  
Ranch Dressing (1/2 C.)  
6 oz. Orange Gelatin

## **Meat**

3 1/2 lbs. Chicken Breast (+1 lb. for soup)  
2 lbs. Beef Short Ribs  
1 lb. Cod Fillets  
16 oz. Fully Cooked Kielbasa Sausage  
Sliced Ham (1 pkg.)  
Sliced Turkey (2 pkgs.)  
3 Slices Bacon  
Breakfast Sausage (1 pkg.)  
3-4 lb. Beef Roast

# Tuna Melt

## Ingredients:

Whole Wheat Bread

Sliced Cheese

Tomato Slice

2 Cans Tuna

4 Tbsp. Mayonnaise

1 Tbsp. Finely Chopped Celery

Salt & Pepper

## Directions:

Mix tuna, mayonnaise, celery and salt and pepper.

Place 2-3 Tbsp. onto each piece of bread.

Top with a tomato slice and a slice of cheese.

Broil in oven, until cheese is melted and bread is lightly toasted.

# Slow Cooker Pot Roast

## Ingredients:

3 lb. Beef Roast

1 Envelope Onion Soup Mix

Carrots, Peeled & Cut into 2 inch sections

1 Onion, Sliced

3 Celery Stalks, Washed and cut into 3 inch sections

1 C. Water

## Directions:

Brown all sides of the beef roast in a non-stick skillet.

Transfer to your slow cooker.

Add carrots, onion, and celery. Sprinkle with onion soup mix. Pour water over everything.

Let cook on low for 6-8 hours.

Enjoy!

# Lettuce Roll Ups

## Ingredients:

- 1 Head Lettuce
- 2 Cans Tuna
- 4 Tbsp. Mayonnaise
- 1 Tbsp. Finely Chopped Celery
- Salt & Pepper



## Directions:

- Mix tuna, mayonnaise, celery and salt and pepper.
- Place 2-3 Tbsp. into a lettuce leaf.
- Roll and serve. (You can secure w/ a toothpick if desired.)

# Fresh Spinach Omelet

## Ingredients:

Vegetable Oil

Fresh Baby Spinach

Chopped Mushroom

Finely Chopped Onion

3 Eggs

## Directions:

Cook chopped mushrooms and onion in vegetable oil until crisp-tender. Add baby spinach just until slightly wilted. Set aside.

Beat eggs until light and frothy.

Cook eggs in non-stick skillet until partially set. Flip over and cook until done.

Place spinach on top and fold over.

Serve!



# Breakfast Sandwich

## Ingredients:

Whole Wheat English Muffins

Sliced Ham

Eggs

Sliced Cheese

Butter

## Directions:

Fry eggs in skillet.

Fry sliced ham in skillet.

Toast English muffins.

To Assemble:

Butter English muffins. Place egg, cheese and ham on English muffin and top with second muffin.

Serve.

# Chicken Soup

## Ingredients:

4 C. Chicken Broth  
2 C. Cubed, Cooked Chicken  
1 Celery Rib, Chopped  
1 Carrot, Chopped  
½ Onion, Chopped  
1/3 C. Uncooked Rice  
¼ C. Chopped Parsley  
½ tsp. Oregano  
½ tsp. Salt  
½ tsp. Pepper  
¼ tsp. Ground Cumin  
1/8-1/4 tsp. Red Pepper Flakes



## Directions:

Sauté celery, carrot, and onion until vegetables are crisp-tender. Add all remaining ingredients, bring to a boil and simmer 20-25 min. or until done.

\*\*\* Feel free to add any vegetables you have on hand. I have also used potatoes or pasta in place of the rice.