

Week of: December 3

Harvest of the Week: Cranberries

## Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Cranberry Bread Yogurt and Grapes	Oatmeal w/ dried Fruit Strawberries Milk	Scrambled Eggs Toast 100% Fruit Juice Orange Wedges	Cranberry Scones Mandarins Yogurt Cups	Cream of Wheat w/ Jam swirled in Bananas & Grapes Chocolate Milk	Pancakes Sausage Apple Slices	Orange Cardomom Cinnamon Rolls Fried Eggs Pears
Snack	Mandarin Oranges	Trail Mix w/ Dried Cranberries	Bananas	Pretzels small water bottles	Apples		
Lunch	Tuna Sandwiches Carrot Sticks Black Olives	Turkey Tortilla Roll Ups Fresh Pears 100% Fruit Juice	Chicken Salad Sandwiches Grapes Celery & Peanut Butter	Peanut Butter & Jelly Sandwiches Mandarin Oranges Carrot Sticks	Crackers Cheese Lunch Meat Brownie	Cheese Quessadillas Salad	Crock Pot BBQ Chicken Sandwiches on Rolls Fruit Salad
Dinner	Cheesey Ham Potato Bake Broccoli Green Salad	Crock Pot Sweet & Sour Ribs Rice Corn	BBQ Beef Patties Corn Bread Califlower	Mark's Favorite Chicken Mashed Potatoes Corn	Cranberry Glazed Pork Loin Roast Onion Roasted Potatoes Biscuits	Pork Fried Rice Veggie Stir Fry Apple Cranberry & Pear Crisp	Chicken Enchiladas Green Salad Green Peas

# Shopping List

## **Produce**

Grapes (1 bunch)  
Strawberries (1 lb)  
Oranges (2 lb)  
Mandarins (3lb)  
Bananas (2 lbs)  
Apples (2 lbs)  
1 lb. Rome Apples  
1 Granny Smith Apple  
Carrots (1 lb baby carrots)  
Lettuce (1 head)  
1 Tomato  
Celery (1 bunch)  
Pears (9)  
Salad Kit (3)  
Kiwis (2)  
Potatoes (4 lbs.)  
1 Lemon  
1 Lime  
Fresh Ginger Root  
Fresh Thyme  
4 Onions  
2 Red Bell Peppers  
2 1/2 C. Fresh Cranberries  
2 Ears Sweet Corn  
4 Cloves Garlic  
1 Bunch Green Onions  
12 hot chili green peppers  
1 1/4 lb. Sweet Potatoes  
1 Zucchini  
2 Button Mushrooms  
3 oz. Bean Sprouts  
1 Green Pepper

## **Dairy**

Yogurt Cups (12)  
Milk (2 Gallons)  
Eggs (2 doz)  
3 oz. Cream Cheese  
Cheese (any kind - 5 lb block)  
Butter or Margarine (1 lb)  
1 C. Heavy Cream  
1 C. Sour Cream  
1 1/4 lb. Cheddar Cheese  
3/4 C. Half & Half

## **Canned**

Pears (1 large can)  
Tuna (2 large cans)  
Black Olives  
10 oz. Diced Tomatoes w/ green chili's  
16 oz. Whole Cranberry Sauce  
14.5 oz. Stewed Tomatoes  
19 oz. Enchilada Sauce  
2 10.75 oz. Cans C. of Chicken  
14.5 oz Chicken Broth  
2 8oz. Tomato Sauce  
20 oz. Pineapple Tidbits

## **Frozen**

Corn (1 large pkg.)  
Peas (1 pkg.)  
Broccoli (1 pkg.)  
Cauliflower (1 pkg.)  
Orange Juice  
2 lbs. Shredded Potatoes

## **Dry**

Quick Cooking Oatmeal (5 Cups)  
Cream of Wheat (1 pkg)  
Pancake Mix (1/2 box)  
Chocolate Milk Mix  
Crackers (any kind 1 pkg)  
Brownie Mix  
Rice (7 Cups)  
2 C. Crushed Cornflakes  
1 pkg. Dry Ranch Dressing Mix  
Corn Bread Mix (2 small)  
4 1/2 C. All Purpose Flour  
1 C. Whole Wheat Flour  
2 Cups Bread Flour  
1 tsp. Corn Starch  
1/3 C. + 2 Tbsp. Honey  
1 pkg. Yeast  
4 1/4 tsp. Baking Powder  
1/2 tsp. Baking Soda  
3 oz. Walnuts  
3 oz. Pecans  
3/4 lb. Brown Sugar  
1/3 C. White Sugar  
1/4 tsp. Ground Cardamom  
1/4 tsp. Dry Dill Weed  
1/4 tsp. Ground Nutmeg  
1 tsp. Garlic Powder

## **Meat**

Breakfast Sausage (1 lb)  
1pkg. Deli Cut Turkey Breast  
6 Chicken Breast (8)  
3/4 lb. Ham Steak  
4 lbs. Pork Loin Roast  
9 oz. *left-over cooked pork*  
1 lb. Ground Beef

## **Other**

Dried Fruit (any kind - 1 Cup)  
2 1/2 Cup Dried Cranberries  
Raisins (1/4 Cup)  
100% Fruit Juice (1 Gallon)  
100% Fruit Juice Boxes (6)  
Jam (any kind 1 Cup)  
Whole Wheat Bread (2 loaves)  
Bakery Crossaints (6 - to serve chicken salad on)  
Hoagie Rolls (6)  
1 Cup Salted Peanuts  
Small Water Bottles (1 case)  
Pretzels (1 bag)  
16 oz. Mayonaise  
12 Flour Tortillas (small)  
6 6" Corn Tortillas  
Peanut Butter (1 Cup)  
1 1/2 Cup Vegetable Oil  
1/3 C. + 2 tbsp. Olive Oil  
Barbeque Sauce (1 1/2 bottles)  
Refrigerated Biscuit Dough  
1 C. Apple Jelly  
8 oz. Dijon Mustard  
1 tsp. horseradish  
2 Tbsp. Soy Sauce  
4 Cubes Chicken Bullion  
1 oz. Dry Onion Soup Mix  
1/4 C. Cider Vinegar  
2 Tbsp. Worcestercshire Sauce

# Turkey Tortilla Roll Ups

## Ingredients:

1 pkg. Deli Cut Turkey Breast

6 Flour Tortillas (small)

3 oz. Cream Cheese

1 Tomato, Thinly Sliced

Lettuce, Washed & Dried

## Directions:

Spread an even layer of cream cheese on each flour tortilla.

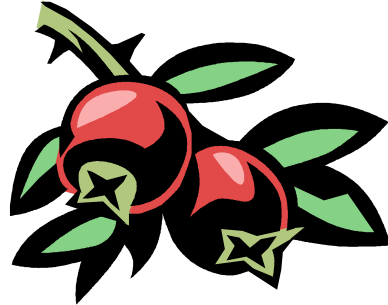
Layer: turkey, tomato, and lettuce on each tortilla.

Roll up tightly and serve. Or wrap in plastic wrap (if packing for lunch).

# Trail Mix w/ Dried Cranberries

## Ingredients:

- 1 Cup Salted Peanuts
- 1 Cup Pretzels
- ½ Cup Chocolate Chips
- ½ Cup Dried Cranberries



## Directions:

Mix all ingredients together. Portion out into six ½ cup portions & serve!



# Crock Pot Sweet & Sour Ribs

## Ingredients:

3-4 lbs. boneless ribs  
20 oz. pineapple tidbits, un-drained  
2 8oz cans tomato sauce  
1/2 C thinly sliced onions  
1/2 C thinly sliced green pepper  
1/2 C packed brown sugar  
1/4 C cider vinegar  
2 tbsp. Worcestershire sauce  
1 garlic clove, minced  
salt & pepper

## Directions:

Place ribs in an ungreased slow cooker.

In a bowl, combine the remaining ingredients; pour over the ribs. Cover and cook on low for 8-10 hours or until meat is tender. Thicken the sauce if desired.

# Cheese Quesadillas

## Ingredients:

6 Flour Tortillas

3 Cups Shredded Cheese

Cooking Spray

Optional: Shredded Cooked Chicken or Refried Beans



## Directions:

Place  $\frac{1}{2}$  cup shredded cheese on each flour tortilla. (You may also add shredded chicken and or/refried beans.) Fold in half.

Heat griddle or non-stick frying pan.

Spray with cooking spray.

Cook each tortilla until golden brown on each side and the cheese is melted.

Serve.

# Crock Pot BBQ Chicken Sandwiches

## Ingredients:

4 Chicken Breast (can be frozen)

1 Bottle BBQ Sauce

6 Sandwich Rolls

## Directions:

Put Chicken Breast in slow cooker.

Cover with entire bottle of BBQ sauce.

Cook on High 3-4 hours or low 6-8 hours.

When chicken is cooked shred with two forks.

Serve shredded chicken on sandwich rolls.