

Week of: December 10

Harvest of the Week: Leeks



Menu

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--|---|---|---|---|---|---|
| Breakfast | Sausage Leek Breakfast Casserole 100% Juice | Croissants Yogurt Pears | Mushroom Leek Omelet | Strawberries Bagels w/ Cream Cheese 100% Juice | English Muffin, Egg & Cheese Sandwich Grapes & Strawberries | Pancakes Blueberry Topping Bacon | Hash Browns Sausage Orange Slices |
| Snack | Apple Slices | Carrots Sticks & Ranch | Orange Slices | Grapes | Celery Sticks & Olives & Ranch | | |
| Lunch | Turkey Sandwich Fruit Kabobs Water or Juice | Tortilla Chips Salsa Grapes Cottage Cheese | Peanut Butter & Jelly Sand. Raisins Cheese Stick | Yogurt Crackers Cheese Mandarin Oranges | Egg Salad Sandwich Grapes Strawberries | Grilled Cheese Sandwiches Carrot Sticks Apple Slices | Slow-Cooker Macaroni & Cheese Peas |
| Dinner | Twice Baked Potatoes Cooked Carrots Corn | Classic Minestrone Corn Bread Green Salad | Chicken Cordon Bleu Rolls Asparagus | Leek and Salmon Pasta Peas Mandarins & Grapes | Creamy Potato Leek Soup French Bread Green Salad | Chicken w/ Lemon Leek Pasta Green Beans Fruit Salad | Sausage Calzone Green Salad Broccoli Lemon Pie |

Shopping List

Produce

Leeks (9)
Apples (5 lbs.)
Potatoes (5lbs)
8 Potatoes
Baby Carrots (3 lb.)
Grapes (5 lb.)
Pears (1.5 lbs.)
1 zucchini
4 oz. Green Beans
Celery (1 bunch)
1 lb. Tomatoes
1 Tbsp. Fresh Thyme
Salad Kit (2)
Onion
Mushrooms (1/2 lb.)
Oranges (5 lbs.)
4 lemons
Strawberries (3 lb.)
1/2 C. chopped Cilantro
4 C. Chopped Fruit (for fruit salad)
3 Garlic Cloves
2 Tbsp. Chopped Flat Leaf Parsley

Dairy

6 C. Grated Cheddar
1 C. Grated Pepper Jack
Large Eggs (3 dozen)
1 1/2 C. Milk
1 1/4 C. Heavy Cream
1 1/2 C. Sour Cream
6 Yogurt Cups
Cottage Cheese (2 Cups)
Butter (1 lb.)
Cheese Sticks (6)
4 Slices Swiss Cheese
Cream Cheese (4 oz.)
Yogurt in a tube (6)
Cheese (your choice for crackers)
1 C. Crème Fraiche
Sliced Cheese (any flavor 36 slices)
3 C. Grated Mozzarella

Frozen

Corn
Carrots
Peas (2 meals)
16 oz. Blueberries
Green Beans
Bread Dough
Broccoli
Hash Browns
Whipped Topping

Dry

1/8 tsp. Red Pepper Flakes
1/2 tsp. Cayenne
Salt
Pepper
Tortilla Chips (1 pkg)
16 oz. + 1/4 C. elbow macaroni
Corn Bread Mix (2 small boxes)
1 tsp. Dried Thyme
1/2 C. Cornflakes Cereal Crumbs
Crackers (1 pkg)
4 oz. Spaghetti Noodles
Pancake Mix (1/2 box)
1 Tbsp. Cornstarch
1/2 C. Sugar
6 oz. Linguine
1/4 C. All Purpose Flour
1/8 tsp. Paprika

Canned

1 1/2 Quarts Vegetable Stock
15 oz. Cannellini Beans
Asparagus
10.75 oz. Cream of Chicken Soup
Mandarin Oranges (5 9 oz. cans)
Olives (15 oz.)
5 C. Chicken Broth
12 oz. Evaporated Milk
10.75 Cheddar Cheese Soup
14 oz. Sweetened Condensed Milk

Other

Vegetable Oil (2 Tbsp.)
1/2 Loaf French Baguette
Bakery Croissants (6)
Tooth Picks (or longer skewers for fruit kabobs)
Bottled Water (1 case)
Bottled Juice (2 pkgs)
Ranch Dressing (1 bottle)
Salsa (1 1/4 C.)
Peanut Butter (1/2 C.)
Jelly or Jam (1/2 C.)
Raisins (1 pkg. of small boxes)
Rolls
Bagels (6)
100% Juice (2 Gallons)
1/2 C. White Wine or Chicken Stock
1 tsp. Tarragon or Dijon Mustard
English Muffins (6)
Sandwich Bread (2 loaves)
French Bread (1 loaf)
Spaghetti Sauce (1 jar)
Pie Crust (or Graham Cracker Crust)

Meat

2 Lbs. Ground Pork Sausage
Turkey Sandwich Meat
3 lb. Bacon
12 Skinless, Boneless Chicken Breast
8 Slices Ham
6 oz. Skinless Boneless Salmon
Breakfast Sausage

Twice Baked Potatoes

Ingredients:

1 ½ C. Shredded Cheddar Cheese

6 large Russet Potatoes

1 C. Sour Cream

1 lb. Bacon

Salt & Pepper to taste

Directions:

Pre-heat oven to 350°

Cook bacon in non-stick skillet until crispy. Drain. Chop.

Wash potatoes, and prick several times with a fork.

Bake in oven for 45-60 minutes, or until the potato “gives” when squeezed gently.

Let cool slightly.

When cool enough to handle, cut the top portion of each potato and carefully scoop out the inside of the potato, leaving enough so that the skin still holds its shape.

When all the potatoes are scooped out, take the scooped out insides, and combine with 1 C. shredded cheddar cheese, sour cream, salt & pepper, and bacon.

Spoon mixture back into the potato skins. Top with remaining shredded cheddar cheese and bake for an additional 5-7 minutes until the cheese is melted.

Sausage Calzone

Ingredients:

- 1 lb. Pork Sausage
- 1 Jar Spaghetti Sauce
- 3 C. Shredded Mozzarella Cheese
- Frozen Bread Dough – thawed

Directions:

Pre-heat oven to 350°

Cook sausage in a non-stick skillet until no longer pink, drain.

Divide thawed bread dough into 6 equal portions – let rest 5 minutes

Shape each portion into a circle.

Spread with 2 Tbsp. spaghetti sauce over *half* the bread dough.

Sprinkle w/ ½ Cup shredded mozzarella Cheese.

Add cooked sausage.

Fold over and seal edges.

Bake on greased baking sheet for 20-30 minutes until tops are golden brown.

Serve!

Blueberry Topping

Ingredients:

3 Cups Frozen Blueberries

½ Cup Sugar

¼ Cup Water

1 Tbsp. Corn Starch

Directions:

Place frozen blueberries and sugar in saucepan over low heat. Cook until the mixture starts to bubble.

Dissolve the cornstarch into ¼ cup of cold water.

Add slowly to the blueberry mixture, stir and heat until thickened.