

Four Week Menu Plan – Spring 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Themes	B: Toast or bagels L: Leftover or sandwich S: Smoothie D: Leftovers or out	B: Leftover Sunday breakfast L: Lunchable S: Apples or sauce, cheese D: Taco Tuesday	B: Eggs L: Breakfast for lunch S: Granola bars W: Rotate: Roast or Asian	B: Yogurt L: Tortilla S: Cheese & crackers D: Soup, stew, curry	B: muffin, bread, or oatmeal L: Sandwich S: Popcorn D: Pizza	B: kids choice L: quesadilla or sandwich S: kids choice D: grill	B: big cooked breakfast L: snack tray S: kids choice D: kid food
WEEK 1	B: Toast, avocado, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Mom & kids at Grandma's. Leftovers for dad. To Do:	B: French Toast, banana, cheese L: Lunchable – crackers, ham, cheese, cucumber, grapes D: Chicken taco bowls: beans, rice, lettuce, toppings To Do: make banana bread & applesauce, start yogurt	B: Scrambled eggs, toast L: French toast, cream for dipping, cheese, berries, yogurt D: Pork roast, veggies, rice, salad To Do: Make bread, cut up veggies	B: Yogurt, oats, honey, fruit. L: Quesadilla, sour cream, tomatoes, apples, granola bar D: Stew with leftover roast, mushrooms, veggies, bread. To Do: Make pizza dough, make vinaigrette dressing	B: Banana bread, smoothie L: Sunbutter & jam sandwich, cheese stick, applesauce, carrots D: Pizza (cauliflower crust option), chop salad with basil vinaigrette To Do: Make pizza, thaw meat for Saturday	B: Kid's choice – cereal, toast, etc. L: Sandwiches, fruit D: Sausage, pasta, tomato sauce, salad. To Do: Clean out fridge, organize leftovers	B: Pancakes, sausage, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Hot dogs, peas. Leftovers for mom (Dad out) To do: Menu review, groceries
WEEK 2	B: Bagel, fruit, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Left Mom & kids at Grandma's. Leftovers for dad. To Do: boil eggs, slice ham & cheese.	B: Pancakes, banana, cheese L: Lunchable nachos: chips, cheese, beans, chicken, sour cream. D: Fish tacos: fish sticks, cabbage, tomatoes, avocado, etc. To Do: Make granola bars, thaw meat for Wed & Thurs.	B: Scrambled eggs, toast L: Waffle or pancake sandwich or bites, cream cheese, berries, yogurt D: Asian rice bowl or lettuce wrap: ground meat, shredded veggies, etc. To Do: Make bread, cut up veggies	B: Yogurt, oats, honey, fruit. L: Tortilla pinwheel (cheese, meat), tomatoes, apples, granola bar D: Lentil soup, greens, sausage or meatballs To Do: Make pizza dough, make cookies	B: Oatmeal, smoothie L: Sandwich kit: bread, meat, cheese, cucumber, carrots, apples, cookie. D: Pizza, green salad with ranch dressing To Do: Make pizza, thaw meat for Sat.	B: Kid's choice – cereal, toast, etc. L: Quesadillas, apples D: Burgers – beef or turkey, cheese lettuce, tomato, avocado; French fries To Do:	B: Waffles, bacon, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Mac & cheese, peas. Leftovers for mom (Dad out) To do: menu review, groceries
WEEK 3	B: Toast, avocado, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Mom & kids at Grandma's. Leftovers for dad. To Do: Thaw meat for Tues & Weds.	B: Waffles, banana, cheese L: Lunchable – crackers, salami, cheese, cucumber, grapes D: Tacos: ground beef or turkey, tortillas, lettuce, toppings To Do: make muffins & applesauce	B: Scrambled eggs, toast L: Muffins, cheese, berries, yogurt D: Whole roast chicken & veggies, rice, green salad To Do: Make bread & chick broth, cut up veggies.	B: Yogurt, with oats, honey, fruit. L: Pizzadilla, tomatoes, apples, granola bar D: Chicken soup or stew, carrots, celery, biscuits or bread. To Do: Make pizza dough, make ranch dressing	B: Muffins, smoothie. L: Toasted cheese sandwich, carrots, applesauce, cookie D: Pizza (cauliflower crust option), chop salad with basil vinaigrette To Do: Make pizza, thaw fish for Sat.	B: Kid's choice – cereal, toast, etc. L: Sandwiches, fruit D: Fish, grilled or broiled, salad, rice, veggies. To Do:	B: Pancakes, sausage, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Pigs in a blanket, peas. Leftovers for mom (Dad out) To do: menu review, groceries
WEEK 4	B: Bagel, fruit, cheese L: Weekend leftovers (or sandwich), celery, apples, sunbutter for dipping D: Mom & kids at Grandma's. Leftovers for dad. To Do: boil eggs, slice ham & cheese.	B: Pancakes, banana, cheese L: Lunchable – crackers, tuna salad, egg, cheese, cucumber, grapes D: Nachos – chips, chicken, beans, salsa, avocado, cheese, etc. To Do: make granola bars	B: Scrambled eggs, toast L: Oatmeal or yogurt (with granola, raisins, nuts), cheese, egg, berries D: Asian noodle bowl; miso broth, meat or tofu, veggies To Do: Make bread, cut up veggies.	B: Yogurt, with oats, honey, fruit. L: Burrito or wrap, tomatoes, apples, granola bar D: Tortilla soup or Posole. Beans, corn, rice, tomatoes, chips, toppings To Do: Make pizza dough, make cookies	B: oatmeal, smoothie L: Sandwich kit: bread, meat, cheese, cucumber, carrots, apples, cookie. D: Pizza, green salad with ranch dressing. To Do: Make pizza	B: Kid's choice – cereal, toast, etc. L: Quesadillas, apples D: Chicken thighs. Recipe & sides TBD (use what's left). Cook extra for Tuesday dinner. To Do:	B: French Toast, bacon, eggs, fresh OJ L: Snack Tray - Cheese, veggies, fruit, nuts, crackers D: Pizza rolls, peas. Leftovers for mom To do: Menu review, groceries
	Kids Beverages: Weekdays: milk, water, diluted apple juice for kids. Weekend: milk, fresh squeezed orange juice.		Adult weekday breakfast: Mom: scrambled or boiled eggs. Dad: Single yogurt or frozen breakfast sandwich Adult weekday lunch: Leftovers				

Grocery list

	Every Week	Week 1	Week 2	Week 3	Week 4
Produce	<ul style="list-style-type: none"> ◦ Lettuce ◦ Tomatoes – big & cherry ◦ Cucumber ◦ Apples ◦ Bananas ◦ Grapes ◦ Berries ◦ Oranges 	<ul style="list-style-type: none"> ◦ Basil ◦ Shallot ◦ Cauliflower ◦ Mushrooms ◦ Onions ◦ Avocado ◦ Garlic ◦ Carrots 	<ul style="list-style-type: none"> ◦ Cabbage ◦ Green onions ◦ Onion ◦ Greens (kale, spinach) ◦ Lemons ◦ Celery ◦ Greens 	<ul style="list-style-type: none"> ◦ Mushrooms ◦ Cauliflower ◦ Onion ◦ Avocado ◦ Garlic ◦ Carrots 	<ul style="list-style-type: none"> ◦ Green onions ◦ Lemons ◦ Celery ◦ Greens
Meat		<ul style="list-style-type: none"> ◦ Pork shoulder roasts ◦ Sausage or meat for meatballs ◦ Breakfast sausage ◦ Hot dogs 	<ul style="list-style-type: none"> ◦ Fish ◦ Ground beef – for rice bowls & burgers ◦ Bacon ◦ Ham 	<ul style="list-style-type: none"> ◦ Breakfast sausage ◦ Salami ◦ Ground beef or turkey ◦ Whole chickens ◦ Fish ◦ Mini hot dogs 	<ul style="list-style-type: none"> ◦ Chicken thighs ◦ Bacon ◦ Ham
Dairy	<ul style="list-style-type: none"> ◦ Milk ◦ Butter ◦ Cheese: cheddar, jack, mozzarella ◦ Sour cream ◦ Eggs ◦ Plain yogurt (or homemade) ◦ Flavored yogurts 	<ul style="list-style-type: none"> ◦ Whipping cream 	<ul style="list-style-type: none"> ◦ Cream Cheese ◦ Half & half 	<ul style="list-style-type: none"> ◦ Whipping cream 	<ul style="list-style-type: none"> ◦ Cream Cheese ◦ Half & half
Dry	<ul style="list-style-type: none"> ◦ Bread (or homemade) 	<ul style="list-style-type: none"> ◦ Hot dog buns ◦ Flour Tortillas ◦ Rice ◦ Cheerios ◦ Sunbutter 	<ul style="list-style-type: none"> ◦ Hamburger buns ◦ Corn Tortillas ◦ Oatmeal ◦ Pasta ◦ Bagels ◦ Lentils 	<ul style="list-style-type: none"> ◦ Crackers ◦ Flour tortillas ◦ Asian noodles / ramen ◦ Cookies (or make homemade) 	<ul style="list-style-type: none"> ◦ Tortilla chips ◦ Bagels ◦ Nuts ◦ raisins
Canned	<ul style="list-style-type: none"> ◦ Tomato sauce 	<ul style="list-style-type: none"> ◦ Refried beans 	<ul style="list-style-type: none"> ◦ Black beans ◦ Canned tomatoes ◦ Coconut milk 		<ul style="list-style-type: none"> ◦ Tuna ◦ Black beans ◦ Refried beans ◦ Coconut milk
Frozen	<ul style="list-style-type: none"> ◦ Peas ◦ Strawberries 	<ul style="list-style-type: none"> ◦ Breakfast sandwiches 	<ul style="list-style-type: none"> ◦ French fries 	<ul style="list-style-type: none"> ◦ Breakfast Sandwiches 	<ul style="list-style-type: none"> ◦ Corn
Condi-ments		<ul style="list-style-type: none"> ◦ Salsa ◦ Honey ◦ Mayonnaise 	<ul style="list-style-type: none"> ◦ Guacamole ◦ Ketchup 	<ul style="list-style-type: none"> ◦ Salsa ◦ Soy sauce ◦ Syrup 	<ul style="list-style-type: none"> ◦ Guacamole ◦ Olive oil
Other			<ul style="list-style-type: none"> ◦ Pickles 	<ul style="list-style-type: none"> ◦ Crescent roll dough 	<ul style="list-style-type: none"> ◦ Tofu ◦ Crescent roll dough

Baking Ingredients	Bread: <ul style="list-style-type: none"> ◦ Bread flour ◦ Yeast 	Sugar Cookies: <ul style="list-style-type: none"> ◦ AP Flour ◦ Butter ◦ White sugar ◦ Vanilla 	Granola Bars: <ul style="list-style-type: none"> ◦ Quick Oats ◦ Nut butter ◦ Ground flax ◦ honey 	Banana Bread / Muffins: <ul style="list-style-type: none"> ◦ Bananas ◦ AP Flour ◦ Baking powder ◦ Eggs ◦ Salt 	Instant Oatmeal <ul style="list-style-type: none"> ◦ Quick oats ◦ Brown sugar ◦ Cinnamon ◦ Powdered milk 	Pancakes / Waffles <ul style="list-style-type: none"> ◦ Wheat flour ◦ Eggs ◦ Cinnamon ◦ Baking powder ◦ Vanilla
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Recipes:

Pancakes & Waffles: <http://www.whatlisacooks.com/blog/2013/11/10/homemade-pancakes-are-easy>

Instant Oatmeal: <http://www.whatlisacooks.com/blog/2014/09/24/homemade-instant-oatmeal>

Bread & pizza dough: <http://www.whatlisacooks.com/blog/2013/03/05/daily-bread?rq=bread>

Banana bread: <http://www.marthastewart.com/312772/banana-bread>

Granola bars: <http://www.runningwithspoons.com/2014/01/07/soft-and-chewy-protein-granola-bars/>

Ranch dressing: <http://www.whatlisacooks.com/blog/2015/2/1/homemade-ranch-dip-dressing?rq=ranch>

Basil Vinaigrette: http://whatsgabycooking.com/basil-vinaigrette/#.VKhhUivF_Ko

Meatballs: <http://www.whatlisacooks.com/blog/2014/11/5/3zmk2p4u02ypo9brcvlbw96dtvm694?rq=meatballs>

Lentil soup: <http://www.whatlisacooks.com/blog/2014/11/13/easy-weeknight-lentil-meatball-soup?rq=meatballs>

Cauliflower pizza crust: <http://www.theluckypennyblog.com/2013/02/the-best-cauliflower-crust-pizza.html>

Tacos, Bowls, Nachos:

- Tortillas or chips
- Cooked meat or fish (browned ground beef or turkey; grilled fish, or fish sticks)
- Refried or black beans
- Shredded cheese
- Sour cream
- Lettuce or cabbage
- Tomatoes
- Avocado or Guacamole
- Salsa
- Green onion
- Cilantro
- Limes
- Other Mexican style toppings

Stew:

- Cooked meat (beef, chicken, pork)
- Onion
- Carrots
- Mushrooms
- Potatoes
- Broth (chicken or beef)
- Garlic
- Herbs (thyme, rosemary, parsley)
- A little flour to thicken

Roast Chicken:

- Whole chickens
- Veggies (onion, cauliflower, root veggies)
- Salt, pepper

Stroganoff:

- Meat (browned ground beef, or leftover roast beef)
- Onions
- Mushrooms
- Sour cream
- Broth
- Egg noodles

Asian Rice Bowl or Lettuce Wrap:

- Ground meat – beef or turkey
- Onion
- Mushrooms
- Soy sauce
- Hoisin or fish sauce
- Coconut rice (rice + coconut milk)
- Shredded cucumbers, carrots, radishes
- Iceberg lettuce
- Brown meat, onions & mushrooms. Season with soy, hoisin, fish sauce, garlic, ginger.

Roast Beef or Pork:

- Meat
- Onion
- Mushrooms
- Salt & Pepper

Curry:

- Meat
- Onions
- Squash, Eggplant, etc.
- Curry sauce mix
- Coconut milk
- Coconut rice

Lentil soup:

- Lentils
- Broth
- Canned tomatoes
- Greens
- Onions
- Sausage or meatballs

Asian noodle bowl:

- Chinese noodles
- Tofu
- Miso
- Chicken broth
- Carrots
- Other veggies

Tortilla Soup / Posole:

- Chicken or beef broth
- Cooked chicken, pork or beef
- Salsa / Enchilada sauce
- Black beans / Hominy
- Corn
- Tortilla chips
- Sour cream
- Cheese
- Avocado

Cauliflower Pizza Crust:

- Diced or shredded cauliflower, cook until soft, squeeze water out
- Shredded mozz cheese
- eggs