

Meals for the week of... Nov 3rd - 9th

Stew
- noodles +
Pretzel Rolls
- rice + "corn
holes"

**Chicken
Fajitas**
+
**Cilantro-Lime
Rice**

**Chicken
Wraps**
+
Salads

**Pumpkin
Granola**

ingredients needed:

- stew meat
- egg noodles
- rice
- potatoes
- flour
- onions
- oat flour
- carrots
- corn meal
- celery
- applesauce
- honey
- corn starch
- milk
- oil
- eggs
- sugar

ingredients needed:

- chicken
- tortillas
- cilantro
- rice
- limes
- Mexican seasoning of choice
- cheese
- lettuce
- onions
- peppers

ingredients needed:

- chicken
- tortillas
- cheese
- lettuce
- onions
- peppers
- pickled jalapeños

ingredients needed:

- oats
- pumpkin
- oat flour
- corn meal
- coconut
- cinnamon
- cloves
- ginger
- nutmeg
- applesauce
- brown sugar

Other items needed:

Meals for the week of... Nov. 10th - 16th

Chili Cheese Fries

Chicken & Sausage Jambalaya

Chicken Broccoli & Rice Casserole

Pumpkin Muffins with Maple Glaze

ingredients needed:

- hamburger
- tomatoes
- chili seasoning of choice
- potatoes
- cheese
- hot sauce
- onions
- peppers
- cilantro

ingredients needed:

- chicken
- rice
- smoked sausage
- celery left from last week
- onions
- peppers
- cajun seasoning
- rotel
- sugar
- chicken broth
- butter
- flour
- garlic

ingredients needed:

- chicken
- broccoli
- rice
- cream of chicken or mushroom soup
- cheese

ingredients needed:

- pumpkin
- butter
- powdered sugar
- vanilla
- maple syrup
- oats or oat flour
- plain yogurt
- honey
- pumpkin pie spice
- walnuts

Other items needed:

Meals for the week of... Nov. 24th - 30th

Loaded
Sweet Potato
Cheese Fries

Pineapple
Turkey
Curry
Bowls

Tacos

Chicken
Pot
Pie

ingredients needed:

- sweet potatoes
- cheese
- bacon
- green onions
- cilantro

ingredients needed:

- can of pineapple
- ground turkey
- curry
- chicken broth
- onions
- carrots
- spinach
- broccoli
- peppers

ingredients needed:

- hamburger
- onions
- peppers
- tortillas
- Cheese
- lettuce
- mexican seasoning of choice

ingredients needed:

- chicken
- onions
- carrots
- celery
- mushrooms
- cream
- thyme
- pie crust
- chicken broth

Other items needed: