

FREE PRINTABLE MENU

Menu

(M) BBQ chicken salad

(T) Stuffed bell peppers

(W) Chicken stir fry

(T) Leftovers

(F) Pizza

(S) Enchiladas

(S) spaghetti

Shopping List

spinach

frozen chicken

ground beef

bell peppers

onions

cilantro

tortillas

enchilada sauce

french bread

milk

eggs