

	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Meat	Veggies	Grains	Other
<b>EROSKI</b>											
<b>Main</b>	<b>Quesadillas</b>	<b>Chow Mein</b>	<b>Roast Chicken</b>	<b>Chick A La King</b>	<b>Pasta</b>	<b>Pizza</b>	<b>Chorizo Soup</b>	4 Chicken	4 Celery	2 Tortilla	3 Chicken Broth
<b>Meat</b>	3 Chicken	Beef	Whole Chicken	Leftover Chicken	1 Chicken		Chorizo	1 Beef	Carrots	2 Rice	4 Triturado
<b>Veggies</b>	2 Corn	Carrots	Carrots, 2 Corn	Red Pepper	Salad	Red Pepper	Carrots, Celery	1 Whole Ch	4 Corn	1 Beans	1 Salsa
<b>Veggies</b>		Spinach	Potatoes, Celery	Peas, Celery		Green Pepper	Potatoes	2 Chorizo	2 Red Pepper	1 Lentils	
<b>Grains</b>	2 Tortilla	Tallarines	Stuffing		Penne	Pizza Crust	Lentils		1 Grn Pepper	1 Penne	1 Sliced Cheese
<b>Grains</b>	Rice and Beans	Tortilla		Rice					5 Potatoes	1 Tallarines	2 Grano Padano
<b>Dairy</b>	Sliced Cheese			Milk	Grano Padano	Grano Padano	Grano Padano		Onions		2 Mozzarella
<b>Dairy</b>						Mozzarella			Lettuce	Pizza Crust	
<b>Other</b>	Triturado	Chicken Broth	Lemon	Chicken Broth	2 Triturado	Triturado	Chicken Broth		Tomatoes	Stuffing	Bread
<b>Other</b>	Salsa	Dan Bing			Bread		Bread		Lemon		
<b>Other</b>	Lime								Lime		
									Spinach		
<b>Dinner</b>	Eggs	Sandwiches	Oatmeal	French Toast	Sandwiches	Fried Rice	Wild		Peas		
<b>LIDL</b>											
<b>Main</b>	<b>Grilled Cheese</b>	<b>Chicken Pot Pie</b>	<b>Chick Sandwich</b>	<b>Albondigas Soup</b>	<b>Ravioli</b>	<b>Pork Tenderloin</b>	<b>Italian Wedding</b>	6 Chicken	12 Carrots	1 Pan de Molde	4 Chicken Broth
<b>Meat</b>	Ham	2 Chicken	3 Chicken	Beef		Pork Tenderloin	Chicken	1 Beef	1 Zucchini	1 Pie Crust	2 Triturado
<b>Veggies</b>		Carrots	Carrots, Lettuce	Carrots	Salad	Carrots	Carrots	1 Pork Tenderlo	6 Potatoes	1 Buns	2 Tomate Frito
<b>Veggies</b>		Potatoes, Peas	Tomatoes, Corn	Zucchini		Potatoes, Onions	Spinach	1 Ham	Onions	1 Macaroni	
<b>Grains</b>	Pan de Molde	Pie Crust	Buns	Rice	Ravioli		Stars		1 Tomato	1 Rice	2 Sliced Cheese
<b>Grains</b>			Macaroni						1 Lettuce	1 Ravioli	1 Grano Padano
<b>Dairy</b>	Sliced Cheese	Milk	Sliced Cheese		Grano Padano		Grano Padano		Celery	1 Stars	2 Mozzarella
<b>Dairy</b>			Evaporated Milk								Evaporated Milk
<b>Other</b>	Tomate Frito	Chicken Broth		Chicken Broth	2 Triturado	Chicken Broth	Chicken Broth		2 Corn	Pizza Crust	
<b>Other</b>					Bread		Bread		Spinach		Bread
<b>Other</b>									Peas		
<b>Dinner</b>	Eggs	Sandwiches	Oatmeal	Waffles	Sandwiches	Pizza	Wild				

Other options: Beef and Green Pepper, Tortellini, Chicken Rice Soup, Beef Rice Soup, Beef Tacos, Tetrazzini

	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Meat	Veggies	Grains	Other
<b>EROSKI</b>											
<b>Main</b>	<b>Chick Nuggets</b>	<b>Salmon</b>	<b>Monterey Chick</b>	<b>Lasagna</b>	<b>Tortilla Soup</b>	<b>Chinese Noodle</b>	<b>Chili</b>	9 Chicken	2 Potatoes	1 Macaroni	2 Chicken Broth
<b>Meat</b>	3 Chicken	Salmon	3 Chicken	Chicken	Chicken	Chicken	2 Beef	1 Salmon	2 Red Pepper	2 Rice	4 Triturado
<b>Veggies</b>	2 Corn	Potatoes	Peppers	Salad	Corn	Carrots	Peppers	2 Beef	2 Grn Pepper	2 Lasagna	1 Tomato Frito
<b>Veggies</b>		Broccoli	2 Corn			Spinach	Onions		2 Carrots	1 Black Beans	
<b>Grains</b>	Macaroni	or Rice	Rice	Lasagna	Chips	Tallarines	Beans		1 Broccoli	1 Kidney Beans	2 Mozzarella
<b>Grains</b>	Breadcrumbs		Beans		Rice Beans		Cornbread		Onions	1 Tallarines	1 Burgos
<b>Dairy</b>	Sliced Cheese		Sliced Cheese	Burgos, Grano P					Lettuce		2 Grano Padano
<b>Dairy</b>	Grano Padano			2 Mozzarella					Tomatoes	1 Chips	2 Sliced Cheese
<b>Other</b>	Evaporated Milk	Lemon		2 Triturado	Chicken Broth	Chicken Broth	2 Triturado		1 Lemon	1 Cornbread	
<b>Other</b>						Eggs	Beer			1 Breadcrumbs	Beer
<b>Other</b>				Bread					5 Corn		
									Spinach		Bread
<b>Dinner</b>	Eggs	Sandwiches	Oatmeal	Sandwiches	French Toast	Grilled Cheese	Wild				
<b>LIDL</b>											
<b>Main</b>	<b>Quesadillas</b>	<b>Chow Mein</b>	<b>Cheeseburgers</b>	<b>Orange Chicken</b>	<b>Denise's Pasta</b>	<b>Pizza</b>	<b>Zuppa Toscana</b>	6 Chicken	3 Carrots	2 Tortilla	2 Chicken Broth
<b>Meat</b>	3 Chicken	Beef	2 Beef	2 Chicken	1 Chicken		Chorizo	3 Beef	Onions	Buns	2 Triturado
<b>Veggies</b>	2 Corn	Carrots	Onions	Broccoli	Zucchini	Salad	Potatoes	1 Chorizo	Broccoli	Rice	Tomate Frito
<b>Veggies</b>		Spinach	Carrots, 2 Corn		Red Pepper		Spinach Onion	Bacon	Zucchini	Penne	
<b>Grains</b>	2 Tortilla	Tallarines	Buns	Rice	Penne	Pizza Crust			Red Pepper	Tallarines	2 Grano Padano
<b>Grains</b>		Tortilla	Chips?	Flour					Lettuce		2 Mozzarella
<b>Dairy</b>	Sliced Cheese		Sliced Cheese		Grano Padano	Grano Padano	Grano Padano		Tomatoes	Pizza Crust	Sliced Cheese
<b>Dairy</b>					Milk	Mozzarella	Milk		3 Potatoes	Chips?	
<b>Other</b>	Triturado	Chicken Broth		Oranges	Chicken Broth	Triturado	Chicken Broth		Oranges		Sun-dried Tomato
<b>Other</b>	Salsa	Dan Bing		Brown Sugar	Sun-dried Tom				Lime		
<b>Other</b>	Lime				Bacon		Bread				Bread
									4 Corn		
<b>Dinner</b>	Eggs	Sandwiches	Pancakes	Grilled Cheese	Sandwiches	Fried Rice	Wild		Spinach		

Other options: Beef and Green Pepper, Tortellini, Chicken Rice Soup, Beef Rice Soup, Beef Tacos, Tetrazzini

	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Meat	Veggies	Grains	Other
<b>EROSKI</b>											
<b>Main</b>	<b>Chinese Noodle</b>	<b>Chick Cord Ble</b>	<b>Meatloaf</b>	<b>Pasta - Chicken</b>	<b>Monterey Chick</b>	<b>Minestrone</b>	<b>Roast</b>	8 Chicken	Carrots	1 Tallarines	2 Chicken Broth
<b>Meat</b>	Chicken	3 Chicken, Ham	2 Beef	Chicken	3 Chicken	Pancetta	Roast	1 Ham	9 Potatoes	1 Penne	3 Triturado
<b>Veggies</b>	Carrots	Green Beans	Potatoes		Peppers	Zucchini, Potato	Carrots, Celery	2 Beef	Celery	1 Macaroni	Dijon Mustard
<b>Veggies</b>	Spinach		2 Corn		2 Corn	Carrot Celery Leek	Potatoes, Onion	Pancetta	Onions	1 Small Pasta	
<b>Grains</b>	Tallarines	Ritz crackers		Penne	Macaroni	Small pasta		Roast	Green Beans	1 White Beans	Swiss Cheese
<b>Grains</b>		Bread for Crumbs				White Beans			Peppers - 1ea		Sliced Cheese
<b>Dairy</b>		Swiss Cheese		Grano Padano	Sliced Cheese	Grano Padano			Zucchini	1 Ritz Crackers	2 Grano Padano
<b>Dairy</b>					Evaporated Milk				Leek?		Evaporated Milk
<b>Other</b>	Chicken Broth	Dijon Mustard	Oats	2 Triturado		1 Triturado	Chicken Broth				
<b>Other</b>	Eggs	Eggs							4 Corn		Bread
<b>Other</b>		Butter		Bread		Bread	Bread		Spinach		
<b>Dinner</b>	Sandwiches	Eggs	Oatmeal	Sandwiches	French Toast	Sandwiches	Wild				
<b>LIDL</b>											
<b>Main</b>	<b>Chicken Scampi</b>	<b>Merluza</b>	<b>Casserole</b>	<b>Chick Broccoli</b>	<b>Pork Chops</b>	<b>Lasagna or Something Fun</b>	<b>Chicken Adobo</b>	7 Chicken	Peppers	1 Tallarines	3 Chicken Broth
<b>Meat</b>	2 Chicken	Merluza	Chicken	2 Chicken	Pork Chops		2 Chicken	Merluza	Green Beans	4 Rice	1 Grano Padano
<b>Veggies</b>	Peppers	Green Beans		Carrots	Peas, Grn Beans		Broccoli	Pork Chops	Carrots	Pizza Crust	2 Mozzarella
<b>Veggies</b>		Corn Soup		Broccoli	Scalloped Potat				Broccoli		
<b>Grains</b>	Tallarines	Rice	Rice or Pasta	Rice			Rice		4 Potatoes		Something Fun
<b>Grains</b>											
<b>Dairy</b>	Grano Padano		Milk		Milk				1 Corn		
<b>Dairy</b>			Sliced Cheese		Sliced Cheese						
<b>Other</b>	Chicken Broth	Chicken Broth		Chicken Broth			Chicken Broth				
<b>Other</b>	Grano Padano										
<b>Other</b>	Bread										
<b>Dinner</b>	Sandwiches	Pizza	Sandwiches	Waffles	Eggs	Fried Rice	Wild				

Other options: Beef and Green Pepper, Tortellini, Chicken Rice Soup, Beef Rice Soup, Beef Tacos, Tetrazzini