

## WEEK 3: MENU

Spaghetti al Ragu, pg 98  
Spinach Frittata, pg 55  
Focaccia, pg 32

Chicken Pinwheels, pg 166  
Mashed Potatoes, pg 199  
Carrots by Rose, pg 180

Lasagna, pg 94  
Caprese Salad, pg 68

Farfalle Caprese, pg 134  
Caesar Salad, pg 82

### Dessert of the week:

Strawberry Tiramisu, pg 210

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## GROCERY LIST

### WEEKLY Ingredients

#### PRODUCE

- 4 large tomatoes for salad
- 2 heads romaine lettuce
- 2 pounds carrots
- 3 pounds russet potatoes
- 2 onions
- 1 bunch fresh basil

#### PANTRY

- 2 15-oz cans plain tomato sauce
- 1 pound bowtie pasta
- 1 pound lasagna pasta

#### MEAT/POULTRY/FISH

- 1 pound lean ground beef
- 1 pound chicken breast:  
boneless, skinless fillets

#### DAIRY

- 2 8-ounce balls fresh mozzarella
- 1 dozen fresh eggs

#### MISCELLANEOUS

- 1 bag croutons
- 1 12-oz bottle club soda
- 2 10-oz pkgs frozen spinach,  
chopped

### PANTRY ESSENTIALS

(to have on hand)

#### STAPLES

- extra-virgin olive oil
- olive oil
- sea salt, plain salt, pepper
- all-purpose flour
- cornstarch
- active dry yeast
- tomato paste
- spaghetti

#### FRIDGE

- eggs
- milk
- butter
- heavy whipping cream
- Parmesan cheese,  
chunk and grated
- mozzarella cheese
- garlic cloves
- Dijon mustard
- dry white wine
- anchovies

#### HERBS AND SPICES

- nutmeg, ground

### ADDITIONAL

#### Ingredients for dessert

- sugar
- powdered sugar
- cognac
- 1 12-oz pkg Italian ladyfinger  
cookies
- 16 oz mascarpone cheese
- 16 oz frozen strawberries
- 1 pint fresh strawberries

*Extra Items for Your Family:* milk, eggs, bread, fruits, vegetables, etc.

*An onion can make people cry,  
but there has never been a vegetable invented to make them laugh.*

~WILL ROGERS~