WEEK 4: MENU	GROCERY LIST	
Veal with Sherry, pg 164 White Rice, pg 137 Broccoli, pg 197 Penne con Scampi, pg 112 Garden Salad, pg 83 Spaghetti with Simple Tomato Sauce, pg 111 Peperonata, pg 198 Sea Bass in Parchment, pg 168 Basmati Rice, pg 137 Mixed Greens, pg 74 Dessert of the week: Mocha Marble Cake, pg 204	WEEKLY Ingredients PRODUCE I head green leaf lettuce 5 oz mixed greens I bunch radishes 3 bell peppers, red, yellow, green I pound fresh broccoli I small zucchini squash 8 oz white mushrooms I bunch flat-leaf parsley I bunch fresh oregano I bunch fresh thyme PANTRY I bottle dry sherry I bottle brandy I pound spaghetti pasta I pound penne pasta MEAT/POULTRY/FISH 1½ pounds sea bass fillets I pound medium prawns I pound weal scaloppine DAIRY 4 oz blue cheese crumbles	PANTRY ESSENTIALS (to have on hand) STAPLES balsamic vinegar extra-virgin olive oil olive oil sea salt, plain salt, pepper all-purpose flour long grain white rice Basmati rice kidney beans plain tomato sauce diced tomatoes, canned parchment paper FRIDGE eggs milk butter heavy whipping cream Parmesan cheese, chunk and grated onion garlic cloves carrots celery breadcrumbs FRESH tomatoes potatoes lemon HERBS AND SPICES red pepper flakes ADDITIONAL Ingredients for dessert sugar brown sugar powdered sugar baking soda baking soda baking powder coffee semisweet chocolate chips pure vanilla extract l cup sour cream
	Extra Items for Your Family: milk	, eggs, bread, fruits, vegetables, etc.