WEEK 6: MENU

Grilled Chicken with Herbs, pg 171 Spaghetti Café Luna, pg 104 Sautéed Zucchini, pg 195

Ossobuco, pg 160 Risotto Milanese, pg 128 Sautéed Peas, pg 186

Almond Baked Halibut, pg 145 Roasted Potatoes, pg 189 Brussels Sprouts, pg 182

Penne al Forno, pg 126 Zucchini Frittata, pg 54 Caesar Salad, pg 82

Dessert of the week:

Double Chocolate Biscotti, pg 216

GROCERY LIST

WEEKLY Ingredients

PRODUCE

- □ 2 heads romaine lettuce
- □ I pound brussels sprouts
- □ 8 to 10 medium zucchini squash
- □ 2 pounds new or red potatoes
- □ 4 pounds yellow onions
- 2 leeks
- □ 2 lemons
- □ I bunch flat leaf parsley

PANTRY

- □ 115-oz can beef broth
- □ 5 I5-oz cans chicken broth

MEAT/POULTRY/FISH

- \Box 1½ pounds halibut fillets
- □ 2 pounds veal shanks
- I pound chicken breast: boneless, skinless fillets

MISCELLANEOUS

- I bag croutons
- □ 2 10-oz packages frozen peas
- □ I envelope saffron
- 8 oz almond meal (finely ground almonds)

PANTRY ESSENTIALS (to have on hand)

STAPLES

- □ balsamic vinegar
- extra-virgin olive oil
- 🔲 olive oil
- □ sea salt, plain salt, pepper
- □ garlic salt
- □ all-purpose flour
- Arborio rice
- plain tomato sauce
- 🗆 spaghetti
- 🗌 penne

FRIDGE

- eggs
- 🗆 milk
- butter
- $\hfill\square$ heavy whipping cream
- Parmesan cheese, chunk and grated
- onion
- □ garlic cloves
- carrots
- □ celery
- Dijon mustard
- dry white wine
- anchovies
- breadcrumbs

HERBS AND SPICES

- 🗆 oregano, dried
- □ thyme, dried
- 🗆 nutmeg, ground

ADDITIONAL

Ingredients for dessert

- 🗆 sugar
- brown sugar
- cocoa powder
- baking soda
- □ semisweet chocolate chips
- □ white chocolate chips
- pure vanilla extract
- I small jar Nutella
 - (choc-hazelnut spread)

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

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