WEEK 7: MENU

Roast Chicken with Vegetables, pg 177
Garden Salad, pg 83

Fondue Chinoise, pg 156
French Fries, pg 190
Mixed Greens, pg 74

Scallops Marsala, pg 158
Basmati Rice, pg 137
Carrots by Rose, pg 180

Butternut Squash Soup, pg 66
Rice & Artichoke Torta, pg 53
Focaccia, pg 32

Dessert of the week:
Fruit Salad, pg 202

GROCERY LIST

WEEKLY Ingredients

PRODUCE
- ☐ 1 head green leaf lettuce
- ☐ 5 oz mixed greens
- ☐ 2 butternut squash
- ☐ 2 pounds carrots
- ☐ 2 large tomatoes for salad
- ☐ 3 pounds potatoes for frying
- ☐ 4 red potatoes
- ☐ 1 bunch fresh sage
- ☐ 1 bunch radishes
- ☐ 1 bunch flat leaf parsley
- ☐ 1 bunch fresh thyme
- ☐ 1 bunch fresh basil

PANTRY
- ☐ 1 15-oz jar mayonnaise
- ☐ 3 15-oz cans chicken broth
- ☐ 4 15-oz cans beef broth
- ☐ 1 6-oz jar marinated artichoke hearts
- ☐ 1 8-oz jar Béarnaise sauce
- ☐ 1 48-oz bottle canola oil for frying
- ☐ 1 bottle Marsala wine

MEAT/POULTRY/FISH
- ☐ 1 pound large scallops
- ☐ 2 pounds eye of round, thinly sliced
- ☐ 1 roasting chicken, 4 to 5 pounds

DAIRY
- ☐ 4 oz blue cheese crumbles
- ☐ 4 oz Asiago cheese

MISCELLANEOUS
- ☐ 2 10-oz packages frozen peas
- ☐ 1 Sterno for fondue pot (canned cooking fuel)
- ☐ 1 12-oz bottle club soda

PANTRY ESSENTIALS
(to have on hand)

STAPLES
- ☐ balsamic vinegar
- ☐ extra-virgin olive oil
- ☐ olive oil
- ☐ sea salt, plain salt, pepper
- ☐ all-purpose flour
- ☐ active dry yeast
- ☐ Basmati rice
- ☐ kidney beans

FRIDGE
- ☐ eggs
- ☐ butter
- ☐ heavy whipping cream
- ☐ Parmesan cheese, chunk and grated
- ☐ onion
- ☐ garlic cloves
- ☐ celery
- ☐ breadcrumbs
- ☐ ketchup
- ☐ dry white wine

FRESH
- ☐ tomatoes

HERBS AND SPICES
- ☐ curry powder
- ☐ ginger, ground
- ☐ rosemary, fresh

ADDITIONAL
Ingredients for dessert
- ☐ fresh fruit
- ☐ orange juice

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

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