WEEK 8: MENU	GROCERY LIST	
Chicken Roman Style, pg 176 Baked Gnocchi, pg 117 Garden Salad, pg 83 Spaghetti Carbonara, pg 124 Sautéed Peas, pg 186 Brasato with Red Wine, pg 148 Polenta, pg 107 Caramelized Cauliflower, pg 197 Minestrone, pg 78 Caesar Salad, pg 82 Dessert of the week: Nonno's Polenta Cake, pg 214	WEEKLY Ingredients PRODUCE I head green leaf lettuce 2 heads romaine lettuce I bunch radishes 2 pounds carrots I stalk celery I head cauliflower I small cabbage 4 pounds baking potatoes I leek I zucchini squash I bunch fresh oregano 14 pound green beans, fresh or frozen PANTRY 2 15-oz cans plain tomato sauce 2 15-oz cans chicken broth I 16-oz pkg polenta/cornmeal MEAT/POULTRY/FISH 13-pound top sirloin roast 4 oz pancetta 2 pounds chicken thighs, boneless, skinless DAIRY 8 oz blue cheese crumbles 4 oz fontina cheese 4 oz mozzarella cheese MISCELLANEOUS I jar whole cloves 2 bottles good quality Cabernet 2 10-oz packages frozen peas I jar capers	PANTRY ESSENTIALS (to have on hand) STAPLES balsamic vinegar extra-virgin olive oil olive oil sea salt, plain salt, pepper cannellini beans kidney beans spaghetti small pasta for soup FRIDGE eggs butter half and half heavy whipping cream Parmesan cheese,

A good meal soothes the soul and revives the body $% \left\{ \left(1\right) \right\} =\left\{ \left$

~AUTHOR UNKNOWN~