

LITTLE HOBOKEN'S WEEKLY

Bread Week

MEAL PLAN

by Julie Knott

MON

Basil Vegetable Strata

TUES

Turkey a la King

WEDS

Crab Cakes

THURS

Best-Ever Meatloaf

FRI

Broccoli & Cheese Bread Bowl

SHOPPING LIST

Yellow Onion	4
Garlic (Cloves)	4
Carrots (Bag)	1
Mushrooms (Box)	2
Red Pepper	1
Yellow Pepper	1
Green Pepper	1
Leeks	1
Broccoli (Large Heads)	2
Celery (Bag)	1
Fresh Basil	1
Fresh Parsley	1
Chicken Breasts	4
Crab Meat	1 lb.
Ground Beef	1.5 lbs.
Mozzarella Cheese	1
Parmesan Cheese	1
Cheddar Cheese	1
Milk (any kind)	1 gallon
Butter	1
Eggs (Large)	15

pantry

Canola Oil	All-Purpose Flour
Chicken Broth (Quart)	Granulated Sugar
Mayonnaise	Brown Sugar
Mustard	Whole Wheat Bread (Loaf)
Hot Sauce (Any Kind)	Ciabatta (Loaf)
Tomato Sauce	Bread Crumbs
Salt & Pepper	Mini Round Loaves (Any Kind)
Ground Dry Mustard	



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