



## Mother Tester, Mother Approved Meal Plan Week of September 13-18

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	<u><a href="#">#1 Crock Pot Beef and Noodles</a></u>	<u><a href="#">#2 Linguine with tuna, walnuts, lemon, and herbs</a></u>	<u><a href="#">#3 Hawaiian Ham and Cheese Sliders</a></u>	<u><a href="#">#4 French Bread Bruschetta</a></u>	<u><a href="#">#5 Turkey Loaf</a></u>	<u><a href="#">#6 Spicy Dr. Pepper Shredded Pork</a></u>
Ingredients	1-2 lbs beef stew meat 1 can cream of mushroom soup 1 can French onion soup 1 can golden mushroom soup	3/4 c. walnuts, chopped 1 lb. linguine 1/3 c. olive oil 4 cloves garlic, minced 2 6-ounce cans tuna packed in oil 1 lemon 3/4 tsp. salt 1/2 tsp. fresh-ground black pepper 1/2 c. mixed chopped fresh herbs, such as parsley, chives, and thyme	3/4 c. melted Butter 1 Tbsp. Dijon Mustard 1 tsp. Worcestershire Sauce 1 tsp. Brown Sugar 1 Tbsp. Poppy Seeds 2 tsp. Dried Minced Onion 12 King's Hawaiian Dinner Rolls 9 oz. thin sliced Deli Ham 8 oz. thin sliced Swiss Cheese	1-2 long French baguettes Garlic Butter Pasta sauce Mozzarella cheese Basil Tossed salad (optional)	2 lbs ground turkey 1 egg 1 cup wild rice 1/3 cup chopped red pepper 1/4 cup chopped onion 1/2 cup small cubes of cheese 1/4 cup BBQ sauce.	1 whole Large Onion 1 whole Pork Shoulder ("pork Butt") - 5 To 7 Pounds Salt And Freshly Ground Black Pepper 1 can (11 Ounce) Chipotle Peppers In Adobo Sauce 2 cans Dr. Pepper 2 Tbsp. Brown Sugar