

Monday
Chicken Dumping
Soup

Tuesday
Murphy's Dish

Wednesday
Kids Pasta +
Cheese

Thursday
Chow Mein +
Rice

Friday
Pot Roast

Saturday
Chicken-cream
Cheese nappy
things.

Sunday
Beef Stew

Ingredients

Chicken (2)

Carrots (2)

Celery (2)

Onion (3)

Potato

Dumping ingredients

~~Roast~~ Chicken stock

Pasta 1 - small - 1

Mozz cheese (2)

Green Peppers

Tomato sauce

Hot dogs

Veggies

Rice

Chow mein

Roast (beef)

Ground beef

~~Onion~~ Cream Cheese

Bacon

Tomato