

April 9		Dinner	Notes
Sunday	IB P	Ikarian Black Eyed Peas Polenta with parmesan	<ul style="list-style-type: none"> • Double IB • Make casseroles for us Monday and delivery on Tuesday
Monday	CE	Chicken Enchilada Casserole	
Tuesday		Leftovers from Sunday Dinner	<ul style="list-style-type: none"> • Deliver casseroles to families
Wednesday		Leftovers from Monday Dinner	<ul style="list-style-type: none"> • Soccer Night
Thursday	TO SS	Chicken with Tomatoes and Olives Polenta with parmesan (leftover from Sunday) Sautéed Spinach	
Friday	C	Pizza Night Crudites (cucumber, red peppers)	<ul style="list-style-type: none"> • Meal plan/review grocery list for next week if shopping tomorrow
Saturday		Leftovers from Thursday	<ul style="list-style-type: none"> • Meal plan/review grocery list for next week if shopping tomorrow

Grocery List

Staples

- Olive oil
- Salt
- Pepper
- Bay leaves (IB)

Produce

- 1 head garlic (IB/TO/SS)
- 3 large red onions (IB/TO)
- 2 bulbs fennel (IB)
- Cilantro (CE)
- Dill (IB)
- 1 English cucumber (C)
- 2 red bell peppers (C)
- 12 oz. baby spinach (SS)

Dairy

- 12 c. shredded mozzarella (CE)
- 1 c. grated parmesan (IB/TO) (optional)
- 1 small container crumbled feta (TO) (optional)

Pantry

- 1 package instant polenta (IB/TO)
- 3 packages corn tortillas (CE)
- 6 jars green salsa (CE)
- 2 c. (16 oz.) black eyed peas (dried or canned). If dried follow directions in recipe to cook. (IB)
- 1 28 oz. can whole tomatoes (IB/TO)
- 1 small can tomato paste (IB/TO)

Meat

- 6 lbs. chicken breasts (CE/OT)

Deli

- ½ lb. kalamata or green olives, pitted (TO)