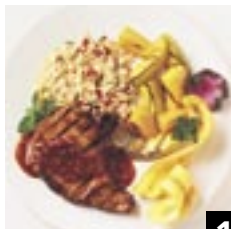


7-Day Back-to-School Dinner Planner

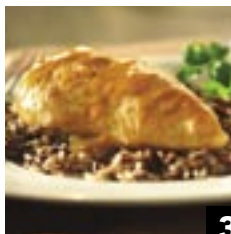


MONDAY
Jamaican
Skillet Pork



1

TUESDAY
Chicken
Marsala



3

WEDNESDAY
Skillet Chicken
in Sesame
Ginger Sauce



THURSDAY
Saucy Baked
Mac & Cheese



5

FRIDAY
Quick & Tangy
Beef Stir-Fry



SATURDAY
BBQ Glazed Honey
Pecan Chicken



7

SUNDAY
Pizza Pie Meatloaf

SHOPPING LIST

Produce

- dried oregano leaves (1 tbsp)
- 1 plum tomato, thinly sliced
- green bell pepper (3 ½ cups sliced)
- 2 cups sliced mushrooms

Frozen Foods

- frozen peas (1/2 cup)

Dairy

- shredded mozzarella cheese (1 ½ cups)
- grated Parmesan cheese (2 oz)
- shredded Cheddar or cubed American cheese (2 cups)
- milk (2 cups)

Meat & Poultry

- 2 lbs ground beef
- 1 lb thinly sliced beef steak
- 9 (about 2 ½ lbs) boneless skinless chicken breasts
- diced boiled ham (1 cup)
- 6 (1 inch) thick rib pork chops

Pasta, Rice & Grains

- elbow pasta (3 cups cooked)
- unseasoned dry breadcrumbs (1/2 cup)

Canned Goods

- FRENCH'S® French Fried Onions (about 7 (6 oz) cans)
- chicken broth (14.5 oz)
- 1 (10 ¾ ounce) can condensed golden mushroom soup

Nuts

- 3/4 cup pecan halves, toasted and coarsely chopped

Sauces, Seasonings, Condiments & Spreads

- 1/4 cup Marsala wine
- tomato sauce
- apricot jam
- FRENCH'S® Spicy Brown Mustard
- FRENCH'S® Honey Dijon Mustard
- CATTLEMEN'S® Barbecue Sauce
- FRANK'S® REDHOT® Cayenne Pepper Sauce
- reduced-sodium soy sauce
- dark sesame oil
- FRENCH'S® Worcestershire Sauce (about 6 oz)
- Italian seasoning
- garlic powder
- 1 (1.8 oz) package white sauce mix
- vegetable oil
- CATTLEMEN'S® Classic or Golden Honey Barbecue Sauce
- ground cinnamon
- sugar
- cornstarch
- ground ginger

Jamaican Skillet Pork

1 tbsp vegetable oil
1/2 cup minced onion
1 cup CATTLEMEN'S® Award Winning Classic Barbecue Sauce
or CATTLEMEN'S® Authentic Smoke House Barbecue Sauce
1/4 cup FRANK'S® REDHOT® XTRA HOT Cayenne Pepper
Sauce
2 tsp. Jerk seasoning
6 (1 inch) thick rib pork chops

Pizza Pie Meatloaf

2 lbs ground beef
1 1/2 cups shredded mozzarella cheese
1/2 cup unseasoned dry breadcrumbs
1 cup tomato sauce
1/4 cup grated Parmesan cheese
1/4 cup FRENCH'S Worcestershire Sauce
1 tbsp dried oregano leaves
1 plum tomato, thinly sliced
1/2 cup sliced green bell pepper
1 1/3 cups FRENCH'S French Fried Onions

Chicken Marsala

1 tbsp olive oil
1lb. turkey breast cutlets
2 cups sliced mushrooms
1 (10 3/4 oz.) canCAMPBELL'S® Condensed
Golden Mushroom Soup
1/2 cupwater
1/4 cup Marsala wine
3 tbsp. French's® Honey Dijon Mustard
1 tbsp. French's® Worcestershire Sauce

Saucy Baked Mac & Cheese

1 1/3 cups FRENCH'S® Original or Cheddar
French Fried Onions
1 (1.8 oz) package white sauce mix
2 cups milk
2 cups shredded Cheddar or cubed American cheese
3 cups cooked elbow pasta (2 cups uncooked)
1 cup diced boiled ham
1/2 cup frozen peas

BBQ Glazed Honey Pecan Chicken

4 boneless skinless chicken breast halves (about 1 lb)
Salt and pepper
1 tbsp vegetable oil
1 cup CATTLEMEN'S Classic or Golden Honey
Barbecue Sauce
1/3 cup chicken broth (or water)
1/4 tsp ground cinnamon
3/4 cup pecan halves, toasted and coarsely chopped

Quick & Tangy Beef Stir-Fry

1/2 cup FRENCH'S® Worcestershire Sauce
1/2 cup water
2 tbsp sugar
2 tsp cornstarch
1/2 tsp ground ginger
1/2 tsp garlic powder
1 lb thinly sliced beef steak
3 cups sliced bell peppers

Cheesy Skillet Lasagna

1 lb ground beef
2 jars (14 oz each) marinara sauce
2 cups cooked rotini pasta
1 1/3 cups FRENCH'S French Fried Onions
1 cup Ricotta cheese
1 cup (4 oz) shredded mozzarella cheese