

**Menus4Moms Grocery List for 10/13/08**

Created by

Shopping List: 10/6/2008

<b>Beans</b>			Pecan Meal (optional)	1	0.00
Bag of Pinto Beans - Dry	1	1.50			
<b>Bread</b>			<b>Pasta / Rice</b>		
Dinner Rolls	1	2.00	Egg Noodles	1	1.50
			Couscous	1	1.25
<b>Canned Vegeta</b>			<b>Produce</b>		
Canned Corn 14.5 oz	1	0.50	Ginger	1	1.50
			Mushrooms, Whole (4 oz.)	1	1.59
<b>Condiments</b>			Onion (1)	1	0.40
Dry Onion Soup Mix	1	2.00	Tomatoes, Ripe	1	1.00
			Red Bell Pepper	1	2.50
<b>Dairy/spreads</b>			Green Onions	1	2.00
Eggs	1	2.00			
<b>Fish</b>			<b>Refrig. Items</b>		
Tilapia - 2 lbs.	1	6.00	Milk	1	0.00
			Lettuce Leaves	1	0.00
<b>Freezer Items</b>			Lemon Juice	1	0.00
Sauteed Onion (from freezer)	1	0.00	Leftover Ham - 1 1/2 cups	1	0.00
			Parmesan Cheese	1	0.00
<b>Frozen Vegeta</b>			Salad Dressing	1	0.00
Baby Lima Beans	1	1.50	Buttermilk	1	0.00
Broccoli Cuts 16 Oz	1	1.32	Garlic Cloves	1	0.00
Brussels Sprouts 16 Oz	1	1.55	Cheddar Cheese, Grated	1	0.00
			Butter	1	0.00
<b>Fruit</b>			Baby Carrots	1	0.00
Cantaloupe	1	2.00	Leftover ham juices	1	0.00
Peaches - 3	1	1.50			
			<b>Soup</b>		
<b>Meat</b>			Cr. Of Golden Mushroom	1	0.89
Beef Stew Meat - 2 lbs.	1	6.00			
Boneless chicken breasts - 6	1	6.00			
			<b>Total:</b>		<b>\$48.50</b>
<b>Nuts</b>					
Cashews 4 oz.	1	2.00			
<b>Pantry Items</b>					
Cooking Sherry	1	0.00			
Adobo	1	0.00			
Vanilla Extract	1	0.00			
Flour	1	0.00			
Baking Soda	1	0.00			
White Cooking Wine	1	0.00			
Croutons	1	0.00			
Corn Meal	1	0.00			
Sugar	1	0.00			
Baking Powder	1	0.00			
Cornstarch	1	0.00			
Paprika	1	0.00			
Soy Sauce	1	0.00			
Pepper, Black	1	0.00			
Olive Oil	1	0.00			
Sesame Oil	1	0.00			
Red (Burgundy) wine	1	0.00			
Salt	1	0.00			
Rice Vinegar	1	0.00			
Rice (preferably Calrose)	1	0.00			
Liquid Smoke (optional)	1	0.00			