

Shopping List: 10/21/2005

	Beans				
	Black Beans- dried	1	1.50	Red Wine Vinegar	1 0.00
				Red cooking wine	1 0.00
				Adobo	1 0.00
	Canned Fruit			Salt	1 0.00
	Pineapple chunks	1	2.00	Flour	1 0.00
				Basil	1 0.00
	Canned Vegeta			Garlic cloves	1 0.00
	Canned Green Beans 32 oz.	1	2.00	Bay leaf	1 0.00
	Canned Corn	1	0.90	Cumin	1 0.00
	Black Olives 1/3 cup	1	1.50	Cilantro	1 0.00
				Eggs	5 0.00
	Cheese			Cider vinegar	1 0.00
	Parmesan cheese - 8 oz	2	1.99	Garlic powder	1 0.00
	Shredded Cheddar Cheese - 2 cu	1	2.50	Bread Machine ingredients	1 0.00
	Mexican Blend - 2 cups	1	2.00	Bread Crumbs	1 0.00
	Mozzarella - 2 cups	1	1.50	Brown Sugar	1 0.00
				Butter	1 0.00
	Condiments				
	Ranch Dressing	1	1.99	Pasta / Rice	
				Egg Noodles	1 1.50
	Dairy/spreads			Linguine	1 1.50
	Whipping Cream	1	1.11		
	Light Sour Cream - 8 oz	1	1.25	Produce	
	Vanilla yogurt - 8 oz.	2	0.50	Acorn squash (1 per 2 people)	1 3.00
				zucchini	1 0.75
	Ethnic Food			Tomatoes, ripe	3 0.50
	Enchilada Sauce (red)	1	1.50	Onions - bag	1 2.00
	Sesame seeds	1	1.00	Green Onions	3 2.00
	Whole Wheat tortillas	1	2.50	Green Bell Pepper	2 0.79
				Mushrooms, whole	2 1.59
	Frozen Vegeta			Napa Cabbage	1 2.00
	Pearl Onions	1	1.00	Mushrooms, sliced	1 1.99
				Red Bell Pepper	1 2.50
	Fruit			Salad mix	1 1.99
	Bag of Granny Smith apples	1	3.00		
				Sauces	
	Meat			Tomato Sauce 8 Oz	1 0.30
	Pork Chops - 6 large	1	6.00	Alfredo sauce (1 lb. jar)	1 2.00
	bacon	1	2.50		
	Beef Roast - 3-4 lbs.	1	7.50	Soup	
	Chicken parts - 2lbs.	2	7.99	Beef Broth	1 0.89
				Cr. Of Chicken	1 0.89
	Nuts			Ramen noodles (any flavor)	1 0.15
	Slivered almonds	1	1.75	Chicken Broth	1 0.88
	Pantry Items			Total:	\$100.56
	Oregano	1	0.00		
	Olive Oil	1	0.00		
	Pepper	1	0.00		
	Parsley	1	0.00		
	Thyme	1	0.00		
	Sugar	1	0.00		
	Vegetable Oil (pref. light oli	1	0.00		
	Vanilla Extract	1	0.00		
	Soy sauce	1	0.00		