

LITTLE HOBOKEN MEAL PLAN

HALLOWEEN WEEK

by the homemade mom, Julie Knott

MON

Stuffed
(Portobello Mushroom)
Spiders

TUES

Bloody-Brain
(Spaghetti Squash)
Bolognese

WED

Mummy Tarts

THU

Creepy-Crawler
(Chicken)
Pot-Pie

FRI

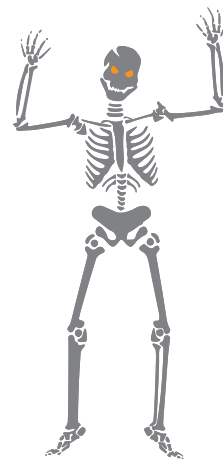
Eyeball Pasta

SHOPPING LIST

Portobello mushrooms	8
Shallots	2
5-oz box baby spinach	1
Cloves of Garlic	4
Spaghetti squash	1
Yellow onion	1
Green onions	2
Large tomato	1
Apple	1
Small beet	1
Fresh thyme	1
1 lb. ground turkey	1
Rotisserie chicken	1
Box of Butter	1
7-oz goat cheese	1
3oz shredded white cheddar cheese	1
Bag of string cheese	1
Box of eggs	1

pantry

Olive oil
Salt & Pepper
Panko breadcrumbs
Jar of tomato sauce
Box of chicken broth
Italian seasoning
All-purpose flour
Cans of black olives
Spinach pasta
Frozen mixed veg
Frozen puff pastry (box)



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