

# FAMILY

## Weeknight Meals



A food drive benefiting  
Valley Outreach

### Meatless Monday! Spaghetti

#### WHAT TO DONATE:

Pasta Sauce

Pasta

Parmesan cheese

Spices: oregano,

garlic, basil



### Taco Tuesday! Tacos

#### WHAT TO DONATE:

Taco Shells

Tortilla chips

Salsa

Spices: Cumin,

Cayenne pepper

### Wednesday: Breakfast for Dinner!

#### WHAT TO DONATE:

Pancake, muffin,  
& waffle mixes

Syrup

Jellies & Jams

Cereal & Oatmeal

Sugar & flour

### Stir Fry Thursday!

#### WHAT TO DONATE:

Rice

Noodles

Sauces & Oils: Fish,

Teriyaki, Soy

Spices: garlic,

crushed red pepper

### Friday Night: Pizza Night!

#### WHAT TO DONATE:

Dry dough packages

Pizza sauce

Pepperoni

Spices: garlic,

oregano