

SHOPPING LIST MENU 17

DAIRY

3 Tablespoons Butter
1/2 Cup Grated Parmesan Cheese

CANNED GOODS

12 Ounce Can Evaporated Milk
11 Ounce Can Mandarin Oranges

SEAFOOD

1/2 Pound Pollock (or other mild tasting fish fillets), fresh or thawed

DRY GOODS

1/2 Teaspoon Sugar
4 Ounces Dry Fettuccine
1 Tablespoon Flour

HERBS & SPICES

1/8 to 1/4 Teaspoon Lemon Pepper
Salt and Pepper
1/2 to 1 Teaspoon Garlic Powder
1 Tablespoon Dried Parsley (optional)

FREEZER

1 Cup Orange Sherbet
1 1/2 Cups Frozen Broccoli Florets

OTHER

2 Teaspoons Lemon Juice
2 Tablespoons Orange Marmalade