

## **SHOPPING LIST MENU 23**

### PRODUCE

2 Apples (Macintosh, Pink Lady or Red Delicious)

### DAIRY

1 Tablespoon Butter

1 Tablespoons Milk

### CANNED GOODS

5.5 Ounce Can Condensed Cream of Chicken Soup

5.5 Ounce Can Condensed Cream of Celery Soup

### MEAT

2 Boneless Skinless Chicken Breasts

### DRY GOODS

2/3 Cup White Long Grain Rice

### HERBS & SPICES

Salt

1/2 to 1 Teaspoon Curry Powder

### FREEZER

8 Ounce Package Frozen Broccoli Florets

### OTHER

1/2 Cup Mayonnaise (Not salad dressing!)

6 Caramels

2 Tablespoons Chopped Nuts or Sunflower seeds

1 Tablespoon Cooking Oil