On the Menu

Monday

Halloween Chicken Pot Pie

Tuesday

Chili with Cornflake Topping

Wednesday

Spooky Meatloaf

Thursday

Mummy Chimichangas

Friday

Ghost Pull-Apart Pizza Bread

Saturday

Sunday

Grocery List

Protein

- 3 lbs ground beef (or 2 lbs ground beef + 1 lb ground turkey)
- 3–3½ lbs boneless pork shoulder (pork butt)
- 2 cups shredded rotisserie chicken
- ½ lb ground Italian sausage
- 4 oz mini pepperoni
- 3 large eggs (2 for meatloaf + 1 for pie crust egg wash)

Dairy

- 1 cup shredded Gouda cheese
- 2½ cups shredded whole-milk mozzarella cheese
- 1½ cups shredded Monterey Jack or Mexican blend cheese
- ⅓ cup + 2 tbsp grated Parmesan cheese → ⅓ cup + 2 tbsp total
- ⅝ cup milk (plus 1 tbsp if using milk for egg wash)
- 4 tbsp unsalted butter
- 2 slices white American cheese (for pizza-roll eyes)
- White cheese, for carnitas mummy eyes

Pantry

- 3 tbsp + 1 tsp olive oil
- Olive oil cooking spray
- 1 can cream of chicken or cream of mushroom soup
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can red kidney beans
- 1 (15 oz) can pinto beans
- 1 (8 oz) can tomato sauce
- 2 cups beef broth
- ½ cup low-sodium chicken broth
- 1½ cups Herdez Salsa Verde (plus extra for serving)
- 3 tbsp Worcestershire sauce
- ¾ cup + 2 tbsp ketchup
- 1½ tsp white vinegar
- 2 tbsp brown sugar
- Warm marinara sauce, for dipping

Produce

- ½ small + 2 medium + 1 medium sweet onions → approximately 3½ onions total
- 1 green bell pepper, diced
- 1 large carrot, diced
- 1 stalk celery, diced
- 1 green onion, chopped
- 12–13 cloves garlic, minced
- 3 tbsp fresh parsley, finely chopped
- 2 black olive slices (pizza-roll pupils)
- Sliced black olives (carnitas mummy eyes)

Grains & Pasta

- ¾ cup panko breadcrumbs
- 1 frozen pie crust shell
- 1 sheet frozen pie crust
- 6 large (10-inch) flour tortillas

Seasonings

- 2½ tbsp chili powder + 1 tsp chili powder → 2½ tbsp + 1 tsp total
- 2 tbsp + 2 tsp ground cumin
- 1 tsp paprika
- 1 tsp + 1 tsp dried oregano → 2 tsp total
- 1 tsp + 1½ tsp Italian seasoning → 2½ tsp total
- ½ tsp + ½ tsp onion powder → 1 tsp total
- ½ tsp + ½ tsp + 1 tsp garlic powder → 2 tsp total
- 1 tsp + 1½ tsp + ½ tsp + 2 tsp salt → 5 tsp total, plus to taste
- ½ tsp + ½ tsp black pepper → 1 tsp total, plus to taste

Frozen

- ½ package frozen peas and carrots
- 18 Rhodes frozen dinner rolls

Optional Toppings

- Sour cream
- Guacamole
- Additional Herdez Salsa Verde
- Fresh cilantro
- ½ cup chili sauce + ½ cup ketchup (alternative meatloaf glaze)