



# MURPHY'S *Fresh* MARKETS

## Meal Planner 5/2/2025

Mon →

### Sirloin Steak Night

- Main: Grilled Certified Angus Beef Boneless Sirloins
- Sides: Roasted Organic Brussels Sprouts and Fresh Express Salad with Tomatoes on the Vine

Tues →

### Pulled Pork Sliders

- Main: Murphy's Hickory Smoked Pulled Pork on King's Hawaiian Rolls
- Sides: Murphy's Cole Slaw and Murphy's Rainbow Pasta Salad

Wed →

### Salmon & Mango Salsa

- Main: Pan-seared Norwegian Salmon Fillets topped with Murphy's Mango Salsa
- Sides: Grilled Asparagus and Fresh Express Salad

Thurs →

### Seared Ahi Tuna Bowls

- Main: Fresh Ahi Tuna, seared rare with sesame crust
- Sides: Steamed rice or quinoa with Murphy's Guacamole and a side of Fresh Express Salad

Fri →

### BBQ Country Style Spare Ribs

- Main: Country Style Spare Ribs, grilled with BBQ glaze
- Sides: Roasted Vidalia Onions and Rainbow Pasta Salad

Sat →

### Mozzarella Chicken Bake

- Main: Bell & Evans Split Chicken Breast baked with sliced Tomatoes and BelGioioso Mozzarella
- Sides: Organic Brussels Sprouts

Sun →

### Bacon-Wrapped Pork & Scallops + Drumsticks for the Kids

- Main: Center Cut Rib Pork Chops wrapped in Murphy's Premium Sliced Bacon, plus Bell & Evans Chicken Drumsticks roasted for variety
- Sides: Garlic-butter Bay Scallops and Fresh Express Salad

**Dessert of the Week: Murphy's Strawberry Shortcake**

See other side for shopping list





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## Shopping List

### Meat/Seafood

- Certified Angus Beef Boneless Sirloins\*\*
- Fresh Ahi Tuna Steaks\*\*
- Salmon Fillets\*\*
- Bay Scallops\*\*
- Center Cut Rib Pork Chops\*\*
- Country Style Spare Ribs\*\*
- Bell & Evans Split Chicken Breast\*\*
- Bell & Evans Chicken Drumsticks\*\*
- Murphy's Premium Sliced Bacon\*\*

### Deli & Prepared Items

- Murphy's Cole Slaw\*\*
- Murphy's Hickory Smoked Pulled Pork\*\*
- Murphy's Rainbow Pasta Salad\*\*
- Murphy's Strawberry Shortcake\*\*
- Murphy's Guacamole\*\*
- Murphy's Mango Salsa\*\*
- King's Hawaiian Rolls\*\*

### Cheese

- BelGioioso Mozzarella Cheese\*\*

### Produce

- Organic Brussels Sprouts\*\*
- Fresh Express Salad\*\*
- Tomatoes on the Vine\*\*
- Vidalia Onions\*\*
- Avocados (optional for seared tuna bowl)
- Lemons or limes (for fish garnish)

\*\* sale items\*\*

Feel free to adjust the quantities based on your family size and personal preferences!

Enjoy a flavorful week of balanced meals with a delightful dessert to end your day!