



MURPHY'S *Fresh* MARKETS

Meal Planner 5/30/2025 to 6/12/2025

Grilled Boneless Sirloin Steaks with Roasted Broccoli & Idaho Potatoes

Season and grill Certified Angus Beef Boneless Sirloin Steaks. Serve with roasted broccoli crowns and herb-crusted Idaho potatoes for a classic steakhouse dinner at home.

Mon →

Oven-Roasted 8-Piece Chicken with Asparagus & Fresh Express Salad

Roast the Bell & Evans 8-piece chicken with Colavita Extra Virgin Olive Oil, garlic, and fresh herbs. Serve with roasted organic asparagus and a Fresh Express Salad Kit.

Tues →

Murphy's Italian Sausage, Peppers & Onions Hoagies with Grilled Squash

Heat and serve Murphy's Italian Sausage with sweet peppers and Vidalia onions. Serve on a toasted Hudson Italian Demi Baguette alongside grilled green squash.

Wed →

Murphy's Salmon Cakes with Brussels Sprouts & Salad

Oven-bake Murphy's Salmon Cakes. Pair with sautéed Brussels sprouts and a Fresh Express Salad Kit for a light, nutritious meal.

Thurs →

Pasta Night with Michaels of Brooklyn Sauce, Mozzarella, and Basil

Boil Barilla Pasta and top with Michaels of Brooklyn Pasta Sauce. Finish with BelGioioso Fresh Mozzarella and fresh basil. Add a simple tomato salad with beefsteak tomatoes and Colavita olive oil.

Fri →

Grilled Shrimp & Veggie Skewers with BBQ Pork Chops

Alternate Extra Jumbo EZ Peel Shrimp, squash, onions, and peaches on skewers. Grill and serve alongside BBQ-glazed Center Cut Rib Pork Chops using Sweet Baby Ray's BBQ Sauce.

Sat →

Smoked Pork Loin & Country Style Ribs with Roasted Potatoes & Broccoli

Serve sliced Murphy's Smoked Pork Loin with oven-roasted country style spare ribs. Pair with crispy Idaho potatoes and broccoli crowns.

Lunch Bonus – Deli Sandwich Day

Make Boar's Head Pitcraft Turkey and Swiss Cheese sandwiches on sliced Hudson Demi Baguette with tomato and basil. Serve cold or toasted.

Sun →

Snack Idea – Grilled Eastern Yellow Peaches with Mozzarella & Balsamic Drizzle

Halve and grill peaches, then pair with fresh mozzarella and a light balsamic glaze as a unique appetizer or side.

 **Dessert – Murphy's Famous Brownies (every night's a good night!)**

See other side for shopping list



MURPHY'S *Fresh* MARKETS

Shopping List

Proteins

- ✓ Certified Angus Beef Boneless Sirloin Steaks**
- ✓ Bell & Evans 8 Piece Cut Chicken**
- ✓ Bell & Evans Boneless Chicken Thighs**
- ✓ Murphy's Smoked Pork Loin **
- ✓ Norwegian Salmon Fillets**
- ✓ Extra Jumbo EZ Peel Shrimp**
- ✓ Center Cut Rib Pork Chops**
- ✓ Country Style Spare Ribs**

Cheese & Deli

- ✓ BelGioioso Fresh Mozzarella**
- ✓ Murphy's Italian Sausage, Peppers & Onions (Prepared Foods-Deli)**
- ✓ Murphy's Salmon Cakes (Prepared Foods-Deli)**
- ✓ Boar's Head PitCraft Turkey Breast**
- ✓ Boar's Head Swiss Cheese**

Produce

- ✓ Fresh Express Salad Kits**
- ✓ Organic Asparagus**
- ✓ Brussels Sprouts
- ✓ Beefsteak Tomatoes
- ✓ Green Squash
- ✓ Fresh Basil
- ✓ Broccoli Crowns
- ✓ Idaho Potatoes
- ✓ Vidalia Onions**
- ✓ Eastern Yellow Peaches**

Pantry & Condiments

- ✓ Sweet Baby Ray's BBQ Sauce**
- ✓ Michaels of Brooklyn Pasta Sauce**
- ✓ Colavita Extra Virgin Olive Oil**
- ✓ Barilla Pasta**

Bakery

- ✓ Hudson Italian Demi Baguette**
- ✓ Murphy's Famous Brownies**

**** 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!