



MURPHY'S *Fresh* MARKETS

Meal Planner 4/4/2025

Grilled Sirloin Steaks with Blue Cheese & Asparagus

- Main: Boneless Sirloin Steaks (grilled and topped with Alouette Blue Cheese Crumbles)
- Sides: Roasted asparagus and Murphy's Southern Macaroni Salad

Garlic Butter Shrimp, Bay Scallops & Red Skin Potato Salad

- Main: EZ Peel Shrimp 16/20 ct & Bay Scallops (sautéed in garlic butter and lemon)
- Sides: Red Skin Potato Salad w/Dill and Fresh Express Chopped Salad

Baked Salmon with Roasted Cauliflower

- Main: Salmon Fillets (oven-baked with garlic butter)
- Sides: Roasted organic cauliflower and fresh green beans

Murphy's Quiche & Side Salad

- Main: Murphy's Quiche
- Sides: Fresh Express Chopped Salad

Italian Pasta Night with Meatballs & Garlic Bread

- Main: Barilla Pasta with Celentano Italian Meatballs in Barilla Pasta Sauce
- Sides: Garlic bread and a green salad

BBQ Country Style Spare Ribs & Yams

- Main: Country Style Spare Ribs (slow-cooked in BBQ sauce)
- Sides: Roasted yams with cinnamon and butter

Stir-Fry Night with Grass-Fed Beef & Cabbage

- Main: Wild Harvest Grass Fed Stir Fry Beef with green cabbage and vegetables
- Sides: Steamed Idaho Potatoes

Dessert of the Week:

Murphy's Cream Cheese Pound Cake with Fresh Raspberries

- A delightful, sweet ending to any meal!

See other side for shopping list



Mon →

Tues →

Wed →

Thurs →

Fri →

Sat →

Sun →



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Shopping List

Proteins

- Oscar Mayer Bacon**
- EZ Peel Shrimp 16/20 ct**
- Boneless Sirloin Steaks**
- Murphy's Quiche**
- Celentano Italian Meatballs**
- Salmon Fillets**
- Bay Scallops**
- Country Style Spare Ribs**
- Center Cut Loin Pork Chops***
- Wild Harvest Grass Fed Stir Fry Beef***

Vegetables & Sides

- Asparagus**
- Yams**
- Green Cabbage**
- Fresh Green Beans**
- Idaho Potatoes**
- Organic Cauliflower**
- Fresh Express Chopped Salad**
- Fresh Raspberries**

Prepared Foods

- Red Skin Potato Salad with Dill**
- Murphy's Southern Macaroni Salad**

Pantry & Extras

- Alouette Blue Cheese Crumbles**
- Barilla Pasta**
- Barilla Pasta Sauce**
- Garlic
- Butter**
- Lemon
- Cinnamon
- Barilla Marinara Sauce**

Bakery

- Murphy's Cream Cheese Pound Cake**

** 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!