



MONDAY	Menu	Produce	Dairy & Refrigerated	Meat, Poultry & Fish	Frozen	Dry Good & Miscellaneous	Spices
	Cajun Jambalaya	2 onions	parmesan cheese, grated	12 shrimp, medium, peeled, deveined	1 bag of frozen corn, 12 oz (or fresh)	whole wheat pita	bay leaves
	Green Salad	2 red onions (or 1 large)	babaganoush	4 oz chicken breast		Italian seased diced tomatoes, 15 oz	paprika
TUESDAY		garlic		5 oz andouille sausage		1 white beans, 15 oz	garlic powder
	Falafel Salad with Lemon Tahini Dressing	1 celery, head		meat to grill		2 chickepas, 15 oz	onion powder
	Babaganoush	3 ears of corn (or frozen)				2 black beans, 15 oz	cayene pepper
	Pita	1 green bell pepper				3/4 cup brown lentils, dry	oregano
WEDNESDAY		3 tomatoes				1 canned salmon, boneless skinless, 15 oz	thyme
	Gnocchi with Chard and White Beans	1 pint grape tomatoes				3 cups chicken stock	cumin
		1 lb carrots				1 lb shelf stable gnocchi	
THURSDAY		1 cucumber				white rice	
	Lentil Salmon Salad	1 chard, bunch				quick 10 minute barley	
	Green Salad	1 lettuce, head				tahini	
FRIDAY		1 romaine lettuce, head				Worcestershire sauce	
	Black Bean, Corn & Barley Salad	2 jalapeno				hot sauce	
	Grilled Meat	1 avocado				red wine vinegar	
		1 parsley, bunch					
		cilantro					
		2 lemons					
		2 limes (or juice)					
		1 mango					