



| MONDAY | Menu | Produce | Dairy & Refrigerated | Meat, Poultry & Fish | Dry Good & Miscellaneous | Staples | Spices |
|------------------|---|---------------------------------|------------------------------------|---|---|-----------------------------|----------------------------|
| | Turkey Sliders with Crunchy Green Apple Slaw | 1 yellow onion garlic | 4 oz cheddar cheese goat cheese | 1 rotisserie chicken or 1 lb chicken breast 1 lb ground turkey | whole wheat burger buns whole wheat tortillas | brown sugar mirin | cumin red pepper flakes |
| TUESDAY | | 2-3 tomatoes | | 1 lb bonelss pork butt | bread | mayonnaise | |
| | Zippy Orzo Summer Salad | 1 kale, bunch | | 1 lb top sirloin steak | whole wheat orzo white beans, 15 oz can | cider vinegar sesame oil | |
| WEDNESDAY | | 3-4 corn, ears | | | 1 lb dried white beans | grainy mustard | |
| | Korean BBQ Steak Bowls with Spicy Sesame Dressing | 1 cucumber | | | | | |
| | | 2 bell peppers (red and yellow) | | | 1 quart chicken stock chipotle chile in adobo sauce, can | soy sauce | |
| | | 1/2 red cabbage | | | | spicy chili paste | |
| THURSDAY | | 1 carrot | | | | | |
| | Creamy Avocado & White Bean Wraps | 1 coleslaw mix | | | | | |
| | | 1 scallion, bunch | | | | | |
| FRIDAY | | 1 spinach, bunch | | | | | |
| | Pork and Beans with Garlic and Greens | ginger | | | | | |
| | Garlic Bread | 1 avocado | | | | | |
| | | cilantro | | | | | |
| | | 1 granny smith apple | | | | | |
| | | 1 lemon | | | | | |
| | | 1 lime | | | | | |