



MONDAY	Menu	Produce	Diary & Refrigerated	Meat, Poultry & Fish	Dry Good & Miscellaneous	Staples	Spices
	Spicy Roasted Ratatouille with Spaghetti	garlic	butter	1 lb chicken breast, boneless skinless chicken thighs or breast, skinless	4 slices bread	flour	rosemary (or fresh)
		3 yellow onions	6 oz cheddar cheese	3	brown rice	fish sauce	sage (or fresh)
TUESDAY		1 red onion	4 eggs	1 lb ground beef	whole wheat pasta	rice vinegar	thyme (or fresh)
	Slow Cooker Chicken, Broccoli and Rice Casserole	4 yellow squash	4 oz fontina cheese		whole wheat spaghetti	balsamic vinegar	chili powder
		4 zucchini	4 oz Greek yogurt		tortilla chips	honey	garlic powder
WEDNESDAY		1 green onion, bunch	2 oz mozzarella cheese, shredded		chile-garlic sauce		cumin
	Skillet Nacho Dip	1 small butternut squash	2 Parmesan cheese, grated		1 pinto beans, 15 oz		oregano
		1 jalapeno	sour cream		6 oz beef stock, reduced sodium		red pepper flakes
THURSDAY		1 eggplant			1 can chicken stock, 15 oz		
	Summer Squash Pad Thai	2 pints cherry or grape tomatoes			2 chicken stock, quarts		
		1 tomato			peanuts (optional)		
FRIDAY		1 lb broccoli					
	Italian Pumpkin and Kale Chicken Noodle Soup with Fontina Toast	2 red bell peppers					
		3 cups bean sprouts					
		1 kale, bunch					
		1 lemon					
		1 lime					
		1 avocado					
		basil					
		cilantro					
		sage (or dried)					
		rosemary (or dried)					
		thyme (or dried)					