

Shopping List

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PRODUCE

- | | |
|--|---|
| <input type="checkbox"/> Green Onions | <input type="checkbox"/> Lime x 3 |
| <input type="checkbox"/> Cucumber, English | <input type="checkbox"/> Lemon x 2 |
| <input type="checkbox"/> Zucchini/squash x 4-5 | <input type="checkbox"/> Red onion x 1 |
| <input type="checkbox"/> Bell Pepper, Red x 2 | <input type="checkbox"/> Yellow Onion x 4 |
| <input type="checkbox"/> Carrots (1-2 lbs) | <input type="checkbox"/> |
| <input type="checkbox"/> Broccoli (5 crowns) | <input type="checkbox"/> |
| <input type="checkbox"/> Dill (optional) | <input type="checkbox"/> |
| <input type="checkbox"/> Parsley | <input type="checkbox"/> |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> |
| <input type="checkbox"/> Cremini Mushrooms | <input type="checkbox"/> |
| <input type="checkbox"/> Garlic x 1-2 | <input type="checkbox"/> |
| <input type="checkbox"/> Cherry Tomatoes | <input type="checkbox"/> |
| <input type="checkbox"/> Vine Tomatoes | <input type="checkbox"/> |
| <input type="checkbox"/> Avocado x 2 | <input type="checkbox"/> |

BAKERY/DELI

- | | |
|---|--------------------------|
| <input type="checkbox"/> Naan (approx. 1 pc./adult) | <input type="checkbox"/> |
| <input type="checkbox"/> Feta Cheese (block, preferred) | <input type="checkbox"/> |
| <input type="checkbox"/> Parmesan (block, preferred) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

MEAT

- | | |
|--|--------------------------|
| <input type="checkbox"/> Chicken Tenderloins (1 lb.) | <input type="checkbox"/> |
| <input type="checkbox"/> Ground Beef (1 lb. x 2) | <input type="checkbox"/> |
| <input type="checkbox"/> Chicken Breasts (1 lb.) | <input type="checkbox"/> |
| <input type="checkbox"/> Bacon | <input type="checkbox"/> |

CENTER AISLES

- | | |
|--|--|
| <input type="checkbox"/> Craisins | <input type="checkbox"/> Spaghetti (or choice pasta) |
| <input type="checkbox"/> Crunchy Peanut Butter | <input type="checkbox"/> Egg Noodles |
| <input type="checkbox"/> Mayo | <input type="checkbox"/> Toasted Sesame Oil |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Soy sauce, low-sodium |
| <input type="checkbox"/> Worcestershire | <input type="checkbox"/> Dark Brown Sugar |
| <input type="checkbox"/> Tomato Paste | <input type="checkbox"/> Smoked Almonds |
| <input type="checkbox"/> Tortillas (for wraps) | <input type="checkbox"/> |
| <input type="checkbox"/> Balsamic (if you don't have it) | <input type="checkbox"/> |
| <input type="checkbox"/> Red Wine Vinegar | <input type="checkbox"/> |
| <input type="checkbox"/> Rice Vinegar | <input type="checkbox"/> |

DAIRY

- | | |
|---|--------------------------|
| <input type="checkbox"/> Sour Cream (24-32 oz.) | <input type="checkbox"/> |
| <input type="checkbox"/> Milk | <input type="checkbox"/> |
| <input type="checkbox"/> Cheddar | <input type="checkbox"/> |
| <input type="checkbox"/> Mozzarella (fresh or shredded) | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

FROZEN/OTHER

- | | |
|--|--------------------------|
| <input type="checkbox"/> Perogies (2 packages) | <input type="checkbox"/> |
| <input type="checkbox"/> Green Beans (frozen, whole) | <input type="checkbox"/> |
| <input type="checkbox"/> Dinner Rolls | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> |

tear or cut here

dinner MENU

- | | |
|----------|--|
| 1 | TURKISH PIZZAS (PIDE) cucumber & dill salad |
| 2 | PEROGIES W/AVOCADO CREAM roasted zucchini mango slices |
| 3 | SESAME NOODLES + PONZU CHICKEN |
| 4 | GROUND BEEF STROGANOFF green beans dinner rolls |
| 5 | BALSAMIC BBQ CHICKEN WRAPS broccoli salad + oven fries |
| 6 | |
| 7 | |

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