

- 1 Summer Chicken Salad Sandwiches *with Fresh Fruit*
- 2 Beef & Udon Noodle Stir Fry *with Garlic Broccoli*
- 3 Parmesan Chicken Crunch *with Green Salad, Roasted Garlic Potatoes*
- 4 Lime & Coconut Poached Fish *with Mixed Greens*
- 5 South of the Border Skillet Wraps *with Cabbage & Carrot Slaw*

August 14 To 20 | Market Basket

Serves 4 to 6

 Produce	 Seafood	 Dairy
lemon (1) *	fresh fish fillets, any choice (2 lbs) 4	low fat sour cream (4 oz, optional) 5
lime (2) 4	 Haddock	shredded parmesan cheese (4 oz) 3
red or green grapes (1/2 cup) organic (2 lb pkg: red or green), conventional (sold by lb: green) 1	 Meat/Poultry	low fat shredded cheddar cheese (4 oz) 5
 seasonal fruit of choice 1	lean ground beef (1 1/2 lbs) 2	 Market Basket (8 oz)
<i>red cabbage, small head (1)</i> 5	 93% lean	 Frozen Foods
<i>salad mix (1 package)</i> 3	boneless chicken breast (3 1/2 lbs) *	frozen corn (fresh works, too) (6 oz) 5
 Lef Farms (select 4 oz salads)	 Springer Mountain Farms	<b>Staples</b>
<i>spring mix greens (5 oz)</i> 4	 Grocery	rice vinegar (4 tbs) *
<i>broccoli (1 lb)</i> 2	canned black beans, low sodium (15 oz) 5	olive oil (6 tbs) *
green pepper (3) *	canned kidney beans (red), low sodium (15 oz) 5	<i>plain sesame oil (6 tsp)</i> 5
 Market Basket (value pk)	almond slices (1/4 cup, optional) 1	toasted sesame oil (1 tsp) 2
<i>carrot (3)</i> 5	sandwich rolls (1 package) 1	vegetable oil (1 tbs) 2
tomato (2) 5	burrito-size tortillas (5) 5	<i>salad dressing (2 tbs)</i> 3
celery (3 ribs) 1	udon noodles (in Asian aisle) (10 oz) 2	brown mustard (3 1/2 tbs) *
 bunch	rice (2 cups) 4	mayonnaise (1/4) 1
onion (2) *	panko bread crumbs (1 cup) 3	soy sauce (or GF tamari), low sodium (24 tsp) *
scallion (3) 1	dried cranberries (1/4 cup, optional) 1	brown sugar (1/4 cup) 2
garlic (2 bulbs) *	light coconut milk (1 1/2 cups) 4	red pepper flakes (1, optional) 4
<i>baby potatoes (2 lbs)</i> 3	mild salsa (8 oz) 5	
fresh cilantro (1 bunch) 4	fish sauce (in Asian food aisle) (2 tbs) 4	 Other Stuff
fresh ginger (1 tbs) 2		

