




















Sun Oct 22nd To Sat Oct 28th | Market Basket

Serves 4 to 6

- 1 Honey Mustard Fish *with Green Salad, Spinach Orzo*
- 2 Raspberry Pork Chops *with Broccoli Slaw, Curried Couscous*
- 3 Shrimp Ambrosia *with Steamed Squash, Roasted Butternut Squash*
- 4 Easy Roast Chicken with White Beans & Tomatoes *with Baby Kale & Orange Salad*
- 5 Meatball Gyros *with Fresh Mango Slices*
- * Item used in multiple recipes

 Produce	 Seafood	 Grocery
lemon (1) <div>1</div>	fresh fish fillets, any choice (2 lbs) <div>1</div>	canned butter beans (or use cannellini) (30 oz) <div>4</div>
orange (1) <div>4</div>	<div> wild caught (Hake, Haddock)</div> raw shrimp (2 lbs)	hummus (1/2 cup) <div>5</div>
mango (2) <div>5</div>	<div> frozen (Market Basket ez peel 41-50 ct 16 oz bag)<div>3</div></div>	pita bread (1 package) <div>5</div>
baby kale (5 oz) <div>4</div>		orzo pasta (9 oz) <div>1</div>
baby spinach (3 oz) <div>1</div>	<div> Meat/Poultry</div>	couscous (9 oz) <div>2</div>
salad mix (1 package) <div>1</div>	lean ground beef (1 lb) <div>5</div>	raisins (1/2 cup) <div>2</div>
<div> Little Leaf Farms (select 4 oz salads)</div> broccoli slaw (1 package) <div>2</div>	<div> 93% lean</div> pork chops, any variety (2 lbs) <div>2</div>	chipotle peppers in adobo sauce (Mexican Aisle) (2) <div>2</div>
butternut squash (2 lbs) <div>3</div>	<div> boneless center cut chops</div> boneless chicken breast (2 lbs) <div>4</div>	diced tomatoes with basil, garlic & oregano (canned) (15 oz) <div>3</div>
<div> sold by lb</div> grape tomatoes (or cherry) (4 cups) <div>4</div>	<div> Bell & Evans, Perdue</div>	chicken broth, low sodium (1/2 cup) <div>4</div>
<div> mini San Marzano (24 oz pkg)</div> tomato (2) <div>5</div>		raspberry preserves (3/4 cup) <div>2</div>
mushrooms (4 oz) <div>3</div>		
cucumber (1) <div>5</div>		<div> Dairy</div>
onion (2) <div>*</div>		feta cheese (4 oz) <div>3</div>
red onion (1) <div>5</div>		<div> Athenos (5-6 oz crumbles)</div> goat cheese (3 oz, optional) <div>4</div>
scallion (2) <div>3</div>		<div> Chevrine (8 oz log)</div> egg (1) <div>5</div>
garlic (1 bulb) <div>*</div>		<div> Pete & Gerry's Organic (dozen extra large)</div> orange juice (2 tbs) <div>4</div>
summer squash (1) <div>3</div>		
zucchini (1) <div>3</div>		
fresh parsley (1 bunch) <div>5</div>		<div> Frozen Foods</div>

 Staples	 Other Stuff
seasoned bread crumbs (1/4)	5
<i>apple cider vinegar (1/4 cup)</i>	4
balsamic vinegar (1 tbs)	3
olive oil (8 tbs)	*
<i>salad dressing (2 tbs)</i>	1
dijon mustard (2 tbs)	1
honey (2 tbs)	1
dried oregano (3 tsp)	4
ground cumin (1/2 tsp)	5
<i>curry powder (2)</i>	2

