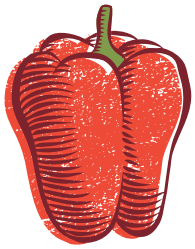
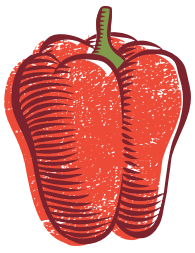


Week 5 Shopping List

Menu	Ingredients
Lamb Burgers or Beet Burgers with Watermelon & Feta Salad with Cilantro	**Packaged Items**: mayonnaise, feta **Omnivore**: ground lamb **Vegetarian**: oats, white beans, egg **Produce**: garlic, lemon, lime **Pantry Items**: canola oil, salt & pepper
Vegetable Ramen	**Pacakged goods**: noodles, vegetable stock, tofu, soy sauce, toasted sesame oil **Produce**: shitake mushrooms, garlic, ginger **Pantry Items**: salt
Swiss Chard & Spring Onion Pizza	**Packaged Goods**: flour, yeast, mozzarella, Parmesan, milk **Pantry Items**: salt, sugar, olive oil
Garlic Kale Pasta	**Packaged Goods**: bacon (optional), pasta, feta **Produce**: garlic **Pantry Items**: olive oil, salt, and pepper
Cobb Salad	**Omnivore**: bacon **Vegetarian**: tofu or temeph **Packaged Goods**: eggs, blue cheese **Pantry Items**: apple cider vinegar, Dijon mustard, olive oil, salt & pepper **Produce**: avocado



Week 5 Shopping List

Menu	Ingredients
Braised Fennel & Artichokes with Grilled Radicchio	**Packaged Goods**: lima beans, white wine, artichokes
	Produce: garlic, lemon
	Pantry Items: balsamic vinegar, olive oil, salt, pepper

Local Sources: **CSA+** (organic meat, cheese, yogurt, pickles, bread, and more as shares or a la carte items), **Down to Earth Health Foods** (full service grocery, gluten free products), **Oh My Goodness Health Food** (full service grocery, gluten free products, local products), **Old Barn Hollow** (full service grocery specializing in local products), **Green Planet Grocery** (full service grocery, gluten free, local products), **Mother Earth Health Food** (natural products), **Real Food Co-op** (full service grocery, local products, gluten free) **Greenstar Co-op** (full service grocery, local products, gluten free) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)