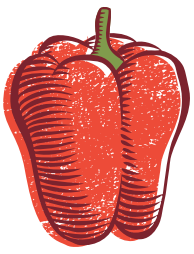


Week 19 Shopping List

| Menu | Ingredients |
|--|--|
| Butternut Squash Macaroni & Cheese | Packaged goods: noodles, breadcrumbs or bread, flour (GF if necessary) |
| | Dairy: butter, extra sharp cheddar cheese, Parmesan, goat cheese, milk |
| | Produce: garlic, rosemary |
| | Pantry Items: Olive oil, salt, pepper, cayenne pepper, dijon mustard |
| Caldo Verde | Packaged goods: chicken or vegetable stock |
| | Omnivores: smoked chorizo Vegetarians: smoked paprika |
| | Produce: onion |
| | Pantry Items: olive oil, salt, pepper |
| Eggplant Puttanesca Pizza | Packaged Goods: flour (GF if necessary), yeast, sugar, kalamata olives, capers, |
| | pine nuts, mozzarella cheese, oregano, crushed red pepper |
| | Produce: onion, garlic |
| | Pantry Items: olive oil, salt, pepper |
| Delicata Squash & Apple Hash | Omnivores: sausage |
| | Produce: apples, onion, sage |
| | Pantry Items: olive oil, salt |
| | |
| Rosemary Roasted Vegetables with Creamy Polenta with Brussels Sprouts | Packaged Goods: polenta Omnivores: bacon |
| | Butter: gruyere, butter |
| | Produce: rosemary |
| | Pantry Items: olive oil, salt, pepper |



Week 19 Shopping List

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)