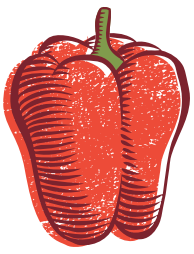


# Week 18 Shopping List

| Menu   | Ingredients   |
|--|---|
| <b>Carrot Pasta</b>  | <b>Packaged Goods:</b> 12 oz package fusilli, GF if necessary, Veg or Chicken Stock |
|  | <b>Produce:</b> lemon   |
|  | <b>Dairy:</b> Parmesan  |
|  | <b>Pantry Items:</b> olive oil, salt, and pepper                                    |
| <b>Delicata Squash Gratin</b>                                    | <b>Dry Goods:</b> bread crumbs, GF if necessary                                     |
|  | <b>Dairy:</b> milk, white cheddar, butter   |
|  | <b>Produce:</b> garlic, thyme   |
|  | <b>Pantry Items:</b> Salt + Pepper  |
| <b>Green Tea Soup</b>  | <b>Packaged Goods:</b> Rice, Green Tea (Decaf Recommended), wasabi paste            |
|  | <b>Pantry Items:</b> Tamari or Shoyu Soy Sauce                                      |
|  | Protein: tofu, salmon, etc.   |
|  |   |
| <b>Roasted Red Pepper Polenta Pizza</b>                          | <b>Packaged Goods :</b> Polenta   |
|  | <b>Dairy:</b> Mozzarella  |
|  | <b>Omnivore:</b> Sausage (optional)   |
|  | <b>Pantry Items:</b> Olive Oil, Salt  |
| <b>Spicy Braised Cabbage with Apple &amp; Acorn Squash Puree</b> | <b>Packaged Goods:</b> Chicken or Vegetable Stock                                   |
|  |   |
|  | <b>Pantry Items:</b> Tamari or Shoyu Soy Sauce, Apple Cider Vinegar, Cinnamon,      |
|  | crushed red pepper  |



# Week 18 Shopping List

**Local Sources:** **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) **The Piggery** (butcher shop and local products) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)