



Mercer Island Farmers' Market
Healthy Families All Year Round Summer Menus

JUNE



	Fresh from the Market Sunday	Meatless Monday	Taco Tuesday	Pasta Bar Wednesday	Soup & Salad Thursday	Picnic Thursday	On the Grill Saturday
Main	Personalized Pizzas	Vegetarian Chili	Taco Salad w/ Carne Asada	Salmon Pasta	Tomato-Basil Soup and Kale Salad	Honey & Herb Roasted Chicken	Flank Steak
Carb		Toasted market bread	Tortilla Chips	Fresh Pasta	Crackers, Rolls or Grilled Cheese Sandwiches	Loaf of Market Break	Baked Potato or Oven Fries
Fruit & Veg	Fruit Salad		Berries	Spinich & Strawberry Salad	Sliced Apples	Cucumber Salad, Roasted Carrots	Artichoke, Cherry Tomato Salad
Sides			Salsa, Guacamole				Berry Shortcake
MI Farmers Market Shopping List *Market Vendor offer these PREPARED FOODS Ready to Go	*Sausage Mushrooms Tomatoes Onions Garlic Bell Peppers Stone Fruits Berries	Tomatoes Bell Peppers Cucumbers Feta Onions Olive Oil Zucchini	Beef Pork Lettuce Tomatoes Onions Cilantro Beans Berries *Salsa	Basil Garlic Olive Oil Tomatoes Fresh Pasta Apricots Nectarines Peaches	Potatoes Onions Garlic Spinach Strawberries Bacon Chives Butter Eggs *Rolls	Chicken Cucumbers Onions Carrots Dill Basil Lettuce *Pickled Vegetables Herbs Honey	Steak Cabbage Onions Berries Honey Herbs Artichokes Tomatoes Basil

