



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



JULY

	Fresh from the Market Sunday	Meatless Monday	Taco Tuesday	Pasta Bar Wednesday	Soup & Salad Thursday	Picnic Friday	On the Grill Saturday
Main	Lamb or Pork Chops	Greek Salad w/ Garbanzo Beans	Chicken, Steak, or Veggie Fajitas	Pesto Pasta	Potato Soup	Italian Sandwiches	BBQ Grilled Chicken
Carb	Quinoa	Pita	Rice	Fresh Pasta	Rolls	Sandwich Bread	Baked Beans
Fruit & Veg	Fresh Peas, Sautéed Carrots	Fresh Fruit	Mixed Berries	Sliced fruit	Spinach & Strawberry Salad	Tomato, Mozzarella, & Basil Salad	Cole Slaw
Sides	Berries and Ice Cream	Hummus, Greek Yogurt	Salsa, Guacamole			Cheeses, Pickled Vegetables	Berry Shortcake
MI Farmers Market Shopping List	Lamb or Pork Berries *Ice Cream Peas Carrots	Lettuce Bell Peppers Cucumbers *Feta Onions Olive Oil *Greek Yogurt	Chicken Steak Mushrooms Bell Peppers Onions Cilantro Tomatoes Berries *Salsa	Basil Garlic Olive Oil Tomatoes *Fresh Pasta Apricots Nectarines Peaches	Potatoes Onions *Rolls Spinach Strawberries *Bacon Chives *Butter Eggs *Soup	*Cheeses Tomatoes Mint *Bread Apricots Basil Lettuce *Pickled Vegetables	Chicken Cabbage Onions Berries Honey Herbs Beans

*Market Vendor offer these PREPARED FOODS Ready to Go

Recipes & info at: www.table365.com

