



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



AUGUST

	Fresh from the Market Sunday	Meatless Monday	Taco Tuesday	Pasta Bar Wednesday	Soup & Salad Thursday	Picnic Friday	On the Grill Saturday
Main	Nicoise Salad	Quinoa Bowl	Chicken & Refried Bean Tostadas	Pasta with Grilled Vegetables *Optional Sausage	Corn Chowder	Oven Fried Chicken	Grilled Sausages
Carb	Market Bread or Rolls	Quinoa	Tostada Shells	Fresh Pasta	Rolls	Garlic Bread	Buns
Fruit & Veg	Sliced Stone Fruits	Berries	Zucchini & Corn Saute		Mixed Green Salad	Fruit Salad, Raw Veggie Platter with dip	Corn on the cob, Grilled Onions & Peppers, Potato Salad
Sides			Salsa	Freshly Grated Parmesan		Brownies	Fruit Cobbler
MI Farmers Market Shopping List *Market Vendor offer these PREPARED FOODS Ready to Go	Lettuce Eggs Potatoes Green Beans Tomatoes *Rolls *Bread Stone Fruits	Beans Cheese Cucumber Tomatoes *Quinoa Bowl Sauce	Chicken Beans *Cheese Tomatoes Cilantro Peppers *Salsa Zucchini Corn Olive Oil	*Fresh Pasta Zucchini Summer Squash Tomatoes Garlic Onions Olive Oil Basil *Sausage	Corn Onions Mixed Greens Cucumber Tomatoes Peppers Fennel Potatoes Dill Herbs *Soup	Chicken Carrots Cauliflower Carrots Cucumber Bell Peppers Tomatoes Peas *Bread Fruit *Dip Mix	*Sausages Corn Onions Peppers Potatoes Eggs Fruit

Recipes & info at: www.table365.com

