

MENU

Week of 11.29.22 - 12.02.22

Refresh
browser
if current
week's menu
is not shown



Dry Bag:

- Rotini pasta, 15 oz.
- Chickpea can, 15 oz.
- Red salmon can, 14.75 oz.
- Diced tomato can, 15 oz.
- Pear can, 15 oz.
- Beef stew pouch, 24oz
- Mixed fruit cup, 2.4oz (2)
- Toilet paper – 2

Dairy Bag*:

- Eggs, medium, 1 dozen
- 2% milk, ½ gallon
- Shredded American cheese, 1 lb.
- Cherry Vanilla yogurt, 8 oz. cups – 4

Meat/Cold Bag*:

- Ground turkey, 1 lb.
- Salmon filet, 12 oz.

Produce:

- Cucumber – 2
- Eggplant – 1
- Potato – 6
- Kiwi – 4
- Tangerines – 6
- Plantains – 1

Extras:

- Choice of 1 bread: Sliced bread (white or wheat) OR tortillas (corn or flour)
- Choice of 1 personal hygiene product: maxi pads, ultra-thin pads, or regular tampons

*Substitutes:

- Dairy substitutes: Unsweetened oat milk OR Unsweetened almond milk
- Meat substitutes: Firm or extra firm tofu

APLAHealth
VANCE NORTH NECESSITIES OF LIFE PROGRAM

*Last week, the average NOLP
shopper saved about \$105!*