**Friday, Roasted Beat Dinner Salad**

**Produce**

garlic (if needed)

1 sweet onion

red or green leaf lettuce (if needed)

Napa cabbage (if needed)

cucumber (if needed)

red bell pepper (if needed)

green bell pepper (if needed)

3 medium sized beets

cherry tomatoes (if needed)

1 fresh mango

1 oz. walnut halves

**Canned/Dried Foods**

low sodium vegetable broth(if needed)

rice wine vinegar(if needed)

Prepared mustard(if needed)

honey(if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

eggs (if needed)

**Additional Items**

1 artisan French roll per diner (if needed)