

FFVP MENU SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
		Gooseberries		Watermelon
7	8	9	10	11
Labor Day		Carrot Sticks		BlackBerries
14	15	16	17	18
Zucchini Coins		Red Apple Wedges		Cantaloupe Spears
21	22	23	24	25
Button Mushrooms		Granny Smith Apple Wedges		Mango
28	29	30		
Fuji Apple Wedges		Honeydew Spears		

FFVP Focus September

Gooseberries

Gooseberries can be eaten as-is, or used as an ingredient in desserts, such as pies and crumbles. Early pickings are generally sour and more appropriate for culinary use. They are also used to flavor beverages such as sodas, flavoured waters, or milk.



All Vegetables are to be served with 1 low fat dressing packet

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