

# 2020

CALENDAR YEAR

# APRIL

CALENDAR MONTH

MONDAY

## VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01 Artichokes&Curried Rice Quinoa Butter Peas Green Salad	02 Sundried Tomato Frittata Butter Peas Mushroom Soup	03 Zucchini "Meatballs" Brown Rice Sauteed Peas Coleslaw	04	05
06 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	07 Pasta Primavera Sugar snap peas Onion Soup	08 Black Bean & Lentil Burgers Quinoa Summer Squash Arugula W/Apples	09 Stuffed Portobellos Brown Rice Green Beans Carrot Soup	10 Miso Tofu Rice Cumin Carrots Pea and Radish Salad	11	12
13 Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	14 Zucchini Meatballs Quinoa Summer Squash Celery Soup	15 Wild Rice & Mushroom Patties Brown Rice Sugar Snap Peas Mixed Green Salad	16 Artichokes&Curried Rice Quinoa Cumin Carrots Tomato Soup	17 Mushroom/Edamame Burgers Basmati Asparagus Coleslaw	18	19
20 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	21 Black Bean &Lentil Burgers Quinoa Green Beans Asparagus Soup	22 Pasta Primavera Summer Squash Arugula Salad	23 Stuffed Peppers w/Tempeh Sauteed Peas Vegetable Soup	24 Stuffed Portobellos Basmati Asparagus Edamame, Tomato Salad	25	26
27 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	28 Sundried Tomato Frittata Butter Peas Mushroom Soup	29 Artichokes&Curried Rice Sugar Snap Peas Butter Leaf Salad	30 Zucchini Meatballs Quinoa Maple Glazed Carrots Creamy Pea Soup	01	02	03
04	05	06	07	08	09	10

All menus are subject to change due to seasonal availability, donations received or cost.