

2020

CALENDAR YEAR

APRIL

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03	04	05
	Asain Turkey and Noodles Brown Rice Zucchini Pea soup	Herbed Chicken Quinoa Butter Peas Green Salad	Beef Burger or Baked Chicken Brown Rice Green Beans Carrot Soup	Miso Salmon or miso chicken Basmati Coleslaw	Herbed Chicken Quinoa Butter Peas Green Salad	
06	07	08	09	10	11	12
Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	Turkey Coconut Curry Basmati Sugar Snap Peas Onion Soup	Tarragon Chicken Quinoa Summer Squash Arugula W/Apples	Lemon soy Pork chops or lemon soy chicken butter peas mushroom soup	Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad		
13	14	15	16	17	18	19
Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	Turkey Marbella Quinoa Summer Squash Celery Soup	Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	Herbed Pork Chops or Herbed Chicken Quinoa Cumin Carrots Tomato Soup	Sesame Cod or Sesame Chicken Basmati Asparagus Coleslaw		
20	21	22	23	24	25	26
Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	Turkey Meatloaf Rice Green Beans Asparagus Soup	Oaxacan Chicken Brown Rice Summer Squash Arugula Salad	Beef Steak W/ Herbs or Chicken W/ Herbs Quinoa Sauteed Peas Vegetable Soup	Poached Salmon or Chicken Basmati Asparagus Edamame,Salad		
27	28	29	30	01	02	03
Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	Turkey with Apricots Quinoa Butter Peas Mushroom Soup	Moroccan Chicken Basmati Sugar Snap Peas Butter Leaf Salad	Pork Chops or Chicken with Apple and Sage Maple Glazed Carrots Quinoa Pea Soup	Lemon Cod or Lemon Chicken Brown Rice Summer Squash Arugula w/Apples		
04	05	06	07	08	09	10

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