

2020

CALENDAR YEAR

AUGUST

CALENDAR MONTH

MONDAY

EZD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01	02
03 Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	04 Turkey Coconut Curry Basmati Sugar Snap Peas Spring mix salad	05 Tarragon Chicken Quinoa Summer Squash Arugula W/Apples	06 Lemon soy Pork chops or lemon soy chicken butter peas carrot salad	07 Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad	08	09
10 Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	11 Turkey Marbella Quinoa Summer Squash Romaine Salad	12 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	13 Beef Burger or Baked Chicken Brown Rice Green Beans Arugula Salad	14 Sesame Cod or Sesame Chicken Basmati Asparagus Coleslaw	15	16
17 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	18 Turkey Meatloaf Rice Green Beans Green Salad	19 Oaxacan Chicken Brown Rice Summer Squash Arugula Salad	20 Herbed Pork chops or Herbed chicken thighs Quinoa Maple Carrots Spring mix salad	21 Poached Salmon or Chicken Basmati Asparagus Edamame,Salad	22	23
24 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	25 Turkey with Apricots Quinoa Butter Peas Arugula Salad	26 Chicken w/Apples Brown Rice Summer Squash Romaine Salad	27 Beef Steak W/ Herbs or Chicken W/ Herbs Quinoa Sauteed Peas Spring Mix Salad	28 Bronzion al forno or Chicken al forno basmati rice asparagus Mediterranean Salad	29	30
31 Baked Risotto with Vegetables Sauteed Carrots Arugula Salad	01	02	03	04	05	06

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