

2020

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

RLS

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

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