

2020

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

VEG

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

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