

2020

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

EZD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	01
02 Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	03 Turkey Coconut Curry Basmati Sugar Snap Peas Carrot Soup	04 Tarragon Chicken Quinoa Summer Squash Green Salad	05 Beef Burger or Baked Chicken Brown Rice Green Beans Zucchini Soup	06 Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad	07	08
09 Pasta W/ Pesto Glazed Carrots Arugula W/Avocados	10 Turkey Marbella Quinoa Summer Squash Pea Soup	11 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	12 Thai Pork Chops or Thai chicken thighs Rice Cumin Carrots Celery Soup	13 Sesame Cod or Sesame Chicken Basmati Asparagus Coleslaw	14	15
16 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	17 Turkey Meatloaf Rice Green Beans Mushroom Soup	18 Oaxacan Chicken Brown Rice Summer Squash Arugula Salad	19 Beef Steak W/ Herbs or Chicken W/ Herbs Quinoa Sauteed Peas Carrot Soup	20 Poached Salmon or Chicken Basmati Asparagus Edamame,Salad	21	22
23 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	24 Pork Loin w/Balsamic Quinoa Sautee'd Carrots Pea Soup	25 Chicken w/Apples Brown Rice Summer Squash Romaine Salad	26 <u>Thanksgiving</u>	27 Autunm Soup Arugula Salad	28	29
30 Zucchini Meatballs Quinoa Summer Squash Pea Soup	01	02	03	04	05	06

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