

2021

CALENDAR YEAR

JANUARY

CALENDAR MONTH

MONDAY

RLS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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