

2021

CALENDAR YEAR

JANUARY

CALENDAR MONTH

MONDAY

VEG

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 Pasta Primavera Sugar snap peas Carrot Soup	06 Black Bean & Lentil Burgers Quinoa Summer Squash Arugula W/Apples	07 Stuffed Portobellos Brown Rice Butter peas Zucchini Soup	08 Miso Tofu Rice Cumin Carrots Pea and Radish Salad	09	10
11 Pasta W/ Pesto Sautéed Snow Peas Arugula W/Avocados	12 Zucchini Meatballs Quinoa Summer Squash Pea Soup	13 Wild Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	14 Artichokes&Curried Rice Rice Cumin Carrots Celery Soup	15 Mushroom/Edamame Burgers Basmati Asparagus Coleslaw	16	17
18 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	19 Black Bean &Lentil Burgers Brown Rice Green Beans Mushroom Soup	20 Pasta Primavera Summer Squash Arugula Salad	21 Stuffed Peppers w/Tempeh Quinoa Sautéed Peas Carrot Soup	22 Wild Rice and Mushroom Patties Asparagus Edamame, Tomato Salad	23	24
25 Artichoke Tart or Wild Rice and Jackfruit Patties Sautéed Green Beans Green Salad	26 Sundried Tomato Frittata Butter Peas Vegetable Soup	27 Baked Risotto with Vegetables Summer Squash Romaine Salad	28 Veggie "Meatballs" Brown Rice Green Beans Zucchini Soup	29 Zucchini Parm 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.