

# 2021

CALENDAR YEAR

# APRIL

CALENDAR MONTH

MONDAY

## EZD

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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