

2021

CALENDAR YEAR

MAY

CALENDAR MONTH

MONDAY

EZD

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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