

# 2021

CALENDAR YEAR

# MAY

CALENDAR MONTH

MONDAY

## VEG

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 Pasta Primavera Sugar snap peas Carrot Soup	05 Black Bean & Lentil Burgers Quinoa Summer Squash Arugula W/Apples	06 Stuffed Portobellos Brown Rice Butter peas Mushroom Soup	07 Miso Tofu Rice Cumin Carrots Pea and Radish Salad	08	09
10 Pasta W/ Pesto Sautéed Snow Peas Arugula W/Avocados	11 Zucchini Meatballs Quinoa Summer Squash Pea Soup	12 Wild Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	13 Artichokes&Curried Rice Rice Cumin Carrots Celery Soup	14 Veggie Loaf Basmati Asparagus Coleslaw	15	16
17 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	18 Black Bean &Lentil Burgers Brown Rice Green Beans Mushroom Soup	19 Pasta Primavera Summer Squash Arugula Salad	20 Stuffed Peppers w/Tempeh Quinoa Sautéed Peas Carrot Soup	21 Wild Rice and Mushroom Patties Asparagus Edamame, Tomato Salad	22	23
24 Artichoke Tart or Wild Rice and Jackfruit Patties Sautéed Green Beans Green Salad	25 Sundried Tomato Frittata Butter Peas Vegetable Soup	26 Baked Risotto with Vegetables Summer Squash Romaine Salad	27 Veg Loaf Quinoa Asparagus Celery Soup	28 Stuffed Portobello Basmati Rice Carrots Arugula w/ Blueberries	29	30
31	01	02	03	04	05	06

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.