

2021

CALENDAR YEAR

JULY

CALENDAR MONTH

MONDAY

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	01 Veg Loaf Quinoa Asparagus Arugula w/Strawberries	02 Stuffed Portobello Basmati Rice Carrots Arugula w/ Blueberries	03	04
05 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	06 Pasta Primavera Sugar snap peas Coleslaw	07 Black Bean & Lentil Burgers Quinoa Summer Squash Arugula W/Apples	08 Stuffed Portobellos Brown Rice Butter peas Watermelon & Cucumber	09 Artichoke Tart Cumin Carrots Pea and Radish Salad	10	11
12 Pasta W/ Pesto Sauteed Snow Peas Arugula W/Avocados	13 Zucchini Meatballs Quinoa Summer Squash Romaine Salad	14 Wild Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	15 Artichokes&Curried Rice Rice Cumin Carrots Arugula Salad	16 Veggie Loaf Basmati Asparagus Coleslaw	17	18
19 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	20 Black Bean &Lentil Burgers Brown Rice Green Beans Spring Mix Salad	21 Pasta Primavera Summer Squash Arugula Salad	22 Stuffed Peppers w/Tempeh Quinoa Sauteed Peas Beet & Orange Salad	23 Wild Rice and Mushroom Patties Asparagus Edamame, Tomato Salad	24	25
26 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	27 Sundried Tomato Frittata Quinoa Butter Peas Arugula w/Blueberries	28 Baked Risotto with Vegetables Summer Squash Romaine Salad	29 Spinach Pie Sauteed Carrots Quinoa Arugula Salad	30 Zucchini Parm Basmati Rice Asparagus Spring Mix w/Fruit	31	01
02	03	04	05	06	07	08

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