

# 2021

CALENDAR YEAR

# SEPTEMBER

CALENDAR MONTH

MONDAY

## EZD

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

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.