

2021

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

RLS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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