

# 2021

CALENDAR YEAR

# SEPTEMBER

CALENDAR MONTH

MONDAY

## VEG

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

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