

2021

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

MONDAY

RLS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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