

2021

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

MONDAY

VEG

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

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