

2021

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Pasta Primavera Sauteed Carrots Green Salad w/Apples	02 Asain Turkey and Noodles Brown Rice Zucchini Pea soup	03 Herbed Chicken Quinoa Butter Peas Green Salad	04 Beef Burger or Baked Chicken Brown Rice Green Beans Carrot Soup	05 Miso Salmon or miso chicken Basmati Coleslaw	06	07
08 Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	09 Turkey Coconut Curry Basmati Sugar snap Peas Onion Soup	10 Tarragon Chicken Quinoa Summer Squash Arugula W/Apples	11 Lemon soy Pork chops or lemon soy chicken butter peas mushroom soup	12 Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad	13	14
15 Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	16 Turkey Marbella Quinoa Summer Squash Celery Soup	17 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	18 Herbed Pork Chops or Herbed Chicken Quinoa Cumin Carrots Tomato Soup	19 Sesame Cod or Sesame Chicken Basmati Asparagus Coleslaw	20	21
22 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	23 Turkey Meatloaf Rice Green Beans Asparagus Soup	24 Oaxacan Chicken Brown Rice Summer Squash Arugula Salad	25 TURKEY DAY	26 Poached Salmon or Chicken Basmati Asparagus Edamame,Salad	27	28
29 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	30 Turkey with Apricots Quinoa Butter Peas Mushroom Soup	01 Moroccan Chicken Basmati Sugar Snap Peas Butter Leaf Salad	02 Pork Chops or Chicken with Apple and Sage Maple Glazed Carrots Quinoa Pea Soup	03 Lemon Cod or Lemon Chicken Brown Rice Summer Squash Arugula w/Apples	04	05
06	07	08	09	10	11	12

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