

# 2021

CALENDAR YEAR

# NOVEMBER

CALENDAR MONTH

MONDAY

## VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
01 Pasta Primavera Sauteed Carrots Green Salad w/Apples	02 Wild rice & Mushroom Patties Zucchini Pea soup	03 Artichokes&Curried Rice Quinoa Butter Peas Green Salad	04 Sundried Tomato Frittata Butter Peas Mushroom Soup	05 Zucchini "Meatballs" Brown Rice Sauteed Peas Coleslaw	06	07
08 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	09 Pasta Primavera Sugar snap peas Onion Soup	10 Black Bean & Lentil Burgers Quinoa Summer Squash Arugula W/Apples	11 Stuffed Portobellos Brown Rice Green Beans Carrot Soup	12 Miso Tofu Rice Cumin Carrots Pea and Radish Salad	13	14
15 Pasta W/ Pesto Sauteed Snow Peas Kale Salad W/Avocados	16 Zucchini Meatballs Quinoa Summer Squash Celery Soup	17 Wild Rice & Mushroom Patties Brown Rice Sugar Snap Peas Mixed Green Salad	18 Artichokes&Curried Rice Quinoa Cumin Carrots Tomato Soup	19 Mushroom/Edamame Burgers Basmati Asparagus Coleslaw	20	21
22 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	23 Black Bean &Lentil Burgers Quinoa Green Beans Asparagus Soup	24 Pasta Primavera Summer Squash Arugula Salad	25 TURKEY DAY	26 Stuffed Portobellos Basmati Asparagus Edamame, Tomato Salad	27	28
29 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	30 Sundried Tomato Frittata Butter Peas Mushroom Soup	01	02	03	04	05
06	07	08	09	10	11	12

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