

2022

CALENDAR YEAR

APRIL

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29 Turkey w/Sage Quinoa Peas Zucchini Soup	30 Dijon Chicken Brown Rice Summer Squash Mediterranean Salad	31 Beef Burger or Balsamic Chicken Quinoa Asparagus Vegetable Soup	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 Mushroom Soup	06 Tarragon Chicken Quinoa Summer Squash Green Salad	07 Lemon Pork chops or lemon chicken Brown Rice butter peas Celery Soup	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 Pea Soup	13 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	14 Corned Beef or Chicken W/ Herbs Potatoes Sauteed Peas Zucchini Soup	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 Vegetable Soup	20 Oaxacan Chicken Brown Rice Asparagus Arugula Salad	21 Thai Pork Chops or Thai chicken thighs Rice Zucchini Creamy Carrot Soup	22 Poached Salmon or Chicken Basmati Butter Peas 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 Celery Soup	27 Chicken w/Sage Brown Rice Summer Squash Romaine Salad	28 Meatloaf or Herbed Chicken Sauteed Carrots Quinoa Mushroom	29 Baked Cod or Baked Chicken Rice Asparagus Spring Mix w/Peaches	30	01
02	03	04	05	06	07	08

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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