

2022

CALENDAR YEAR

APRIL

CALENDAR MONTH

MONDAY

VEG

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

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