

2022

CALENDAR YEAR

MAY

CALENDAR MONTH

MONDAY

EZD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	29	30	01
02 Stuffed Peppers or Black bean & lentil burger Green Beans Arugula Salad	03 Turkey Coconut Curry Basmati Sugar Snap Peas Romaine Salad	04 Tarragon Chicken Quinoa Summer Squash Green Salad	05 Lemon Pork chops or lemon chicken Brown Rice butter peas Mediterranean Salad	06 Tuna Burger or Miso Chicken Rice Cumin Carrots Pea and Radish Salad	07	08
09 Pasta W/ Pesto Glazed Carrots Arugula W/Avocados	10 Turkey Marbella Quinoa Summer Squash Spring Mix w/Apples	11 Orange Glazed Chicken Brown Rice Sugar Snap Peas Mixed Green Salad	12 Teres Major or Chicken W/ Herbs Quinoa Sauteed Peas Cucumber & Watermelon	13 Baked Trout or Baked Chicken Basmati Asparagus Coleslaw	14	15
16 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	17 Turkey Meatloaf Rice Green Beans Spring Mix w/Pears	18 Oaxacan Chicken Brown Rice Asparagus Arugula Salad	19 Thai Pork Chops or Thai chicken thighs Rice Zucchini Romaine Salad	20 Poached Salmon or Chicken Basmati Butter Peas Edamame, Tomato Salad	21	22
23 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	24 Turkey with Apricots Quinoa Butter Peas Cucumber/Watermelon Salad	25 Chicken w/Sage Brown Rice Summer Squash Romaine Salad	26 Meatloaf or Herbed Chicken Sauteed Carrots Quinoa Arugula Salad w/Blueberries	27 Baked Cod or Baked Chicken Rice Asparagus Spring Mix w/Peaches	28	29
30 Baked Risotto with Vegetables Sauteed Carrots Arugula Salad	31 Turkey w/Lime Quinoa Peas Mediterranean Salad	01	02	03	04	05

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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