

2022

CALENDAR YEAR

AUGUST

CALENDAR MONTH

MONDAY

RLS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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