

2022

CALENDAR YEAR

OCTOBER

CALENDAR MONTH

MONDAY

REG

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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