

2022

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

EZD

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