

2022

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
31	01 Baked Tofu Rice Yellow Squash Carrot Soup Salad	02 Zucchini Parm Brown Rice Asparagus Mediterranean Salad	03 Baked Risotto Lemon Chicken Quinoa Carrots Silky Zucchini Soup	04 Veggie "Meatballs" Baked Chicken Basmati Rice Zucchini Arugula w/Apples	05	06
07 Pasta W/ Pesto Sauteed Snow Peas Arugula W/Avocados	08 Wildrice & Mushroom Patties Sugar snap peas Creamy Pea Soup	09 Black Bean & Lentil Burgers Quinoa Summer Squash Green Salad	10 Stuffed Portobellos Brown Rice Butter peas Mushroom Soup	11 Artichoke Tart Cumin Carrots Pea and Radish Salad	12	13
14 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	15 Zucchini Meatballs Quinoa Summer Squash Zucchini Soup	16 Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	17 Veggie Loaf Basmati Asparagus Vegetable Soup	18 Baked Tofu Rice Cumin Carrots Cucumber & Watermelon Salad	19	20
21 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	22 Black Bean & Lentil Burgers Rice Green Beans Carrot Soup	23 Pasta Primavera Summer Squash 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 Sundried Tomato Frittata Quinoa Butter Peas Pea Soup	30 Veggie Loaf 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.