

2022

DECEMBER

MONDAY

CALENDAR YEAR

CALENDAR MONTH

RLS

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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