

# 2022

CALENDAR YEAR

# DECEMBER

CALENDAR MONTH

MONDAY

## VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	01 Baked Risotto Lemon Chicken Quinoa Carrots Silky Zucchini Soup	02 Veggie "Meatballs" Baked Chicken Basmati Rice Zucchini Arugula w/Apples	03	04
05 Pasta W/ Pesto Sauteed Snow Peas Arugula W/Avocados	06 Wildrice & Mushroom Patties Sugar snap peas Romaine Salad	07 Black Bean & Lentil Burgers Quinoa Summer Squash Green Salad	08 Stuffed Portobellos Brown Rice Butter peas Mediterranean Salad	09 Artichoke Tart  Cumin Carrots Pea and Radish Salad	10	11
12 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	13 Zucchini Meatballs Quinoa Summer Squash Spring Mix w/Apples	14 Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	15 Veggie Loaf Basmati Asparagus Coleslaw	16 Baked Tofu Rice Cumin Carrots Cucumber & Watermelon Salad	17	18
19 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	20 Black Bean & Lentil Burgers Rice Green Beans Spring Mix w/Pears	21 Pasta Primavera Summer Squash Arugula Salad	22 Stuffed Peppers w/Tempeh Quinoa Zucchini Romaine Salad	23 Wild Rice and Mushroom Patties Asparagus Edamame, Tomato Salad	24	25
26 Artichoke Tart or Wild Rice and Jackfruit Patties Sauteed Green Beans Green Salad	27 Sundried Tomato Frittata Quinoa Butter Peas Cucumber/Watermelon Salad	28 Veggie Loaf Summer Squash Romaine Salad	29 Baked Risotto Lemon Chicken Quinoa Carrots Mediterranean Salad	30 Veggie "Meatballs" 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

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