

# 2023

CALENDAR YEAR

# JANUARY

CALENDAR MONTH

MONDAY

## REG

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

---

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