

2023

CALENDAR YEAR

JANUARY

CALENDAR MONTH

MONDAY

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	01
02 Pasta W/ Pesto Sauteed Snow Peas Arugula W/Avocados	03 Wildrice & Mushroom Patties Sugar snap peas Creamy Pea Soup	04 Black Bean & Lentil Burgers Quinoa Summer Squash Green Salad	05 Stuffed Portobellos Brown Rice Butter peas Mushroom Soup	06 Artichoke Tart Cumin Carrots Pea and Radish Salad	07	08
09 Stuffed Peppers or Black bean & lentil burger Green beans Arugula Salad	10 Zucchini Meatballs Quinoa Summer Squash Zucchini Soup	11 Rice & Mushroom Patties Sugar Snap Peas Mixed Green Salad	12 Veggie Loaf Basmati Asparagus Vegetable Soup	13 Baked Tofu Rice Cumin Carrots Cucumber & Watermelon Salad	14	15
16 Hearty Mac & Cheese Cumin Carrots Mediterranean Salad	17 Black Bean &Lentil Burgers Rice Green Beans Carrot Soup	18 Pasta Primavera Summer Squash Arugula Salad	19 Baked Risotto Lemon Chicken Quinoa Carrots Silky Zucchini Soup	20 Veggie "Meatballs" 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 Sundried Tomato Frittata Quinoa Butter Peas Pea Soup	25 Veggie Loaf Summer Squash Romaine Salad	26 Zucchini Parm Brown Rice Asparagus Celery Soup	27 Baked Tofu Rice Yellow Squash Carrot Soup 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.