

2023

CALENDAR YEAR

MAY

CALENDAR MONTH

MONDAY

RLS

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