

2023

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	01 Lemon Cod or Poached Chicken Basmati Rice Sugar Snap Peas Greens w/Cucumber	02	03
04 Stuffed Bell peppers or Veggie "Meatball" w/Quinoa Sauteed Carrots Arugula w/Blueberries	05 Turkey Coconut Curry Brown Rice Green Beans Spring Mix w/Apples	06 Mandarin Orange Glazed Chicken Basmati Rice Yellow Squash Green beans & Carrot	07 Porkchops or Balsamic Chicken Brown Rice Butter Peas Mediterranean Salad	08 Tuna Pattie or Baked Fried Chicken Basmati Zucchini Spring Mix w/Pears	09	10
11 Veggie Loaf or Black Bean Lentil Burger Brown Rice Peas Mixed Green w/Apples	12 Turkey Rice Casserole Sauteed Carrots Thai Cumber or Mixed Greens w/Cumber	13 Chicken Pot Pie Yellow Squash Peas n' Radish Salad	14 Beef Burgers or Tarragon Chicken Basmati Rice Green Beans Arugula w/Pears	15 Poached Salmon or Oaxacan Chicken Basmati Rice Sugar Snap Peas Spring Mix	16	17
18 Baked Risotto or Zucchini Boats Peas n' Carrots Spring Mix w/Dried Cranberries	19 Turkey Meatloaf Brown Rice Sugar Snap Peas Spring Mix w/Cumber	20 Thai Chicken Quinoa Carrots Arugula w/Blueberries	21 Stuffed Porkchop or Stuffed Chicken Brown Rice Green Beans Watermelon & Cucumber	22 Baked Tilapia or Chicken Basmati Rice Yellow Squash Mixed Greens w/Apple	23	24
25 Stuffed Portabellas or Wild Rice & Jackfruit Sauteed Green Beans Spring Mix w/Cucumber	26 Turkey with Apricots Brown Rice Sugar Snap Peas Arugula w/Apples	27 Mango Chutney Chicken or Balsamic Chicken w/Quinoa Yellow Squash Coleslaw	28 Teres Major or Chicken w/Oregano Quinoa Sauteed Carrots Arugula w/Apricots	29 Lemon Cod or Baked Chicken Basmati Rice Zucchini Greens w/Peaches	30	01
02	03	04	05	06	07	08

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