

2023

SEPTEMBER

MONDAY

CALENDAR YEAR

CALENDAR MONTH

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	31	01 Baked Risotto w/Veg Sugar Snap Peas Greens w/Cucumber	02	03
04 Zucchini Boats w/Sauce or Veggie "Meatloaf" Sauteed Carrots Arugula W/Blueberris	05 Pasta Primavera Green Beans Mixed Greens w/Apples	06 Jack Fruit Patties Basmati Rice Yellow Squash Green Bean & Carrot	07 Wild Rice & Mushroom Patties Buttered Peas Mediterranean Salad or Mixed Green w/Fruit	08 Artichoke Tart Zucchini Spring Mix w/Pears	09	10
11 Veggie Loaf or Black bean & lentil burger Brown Rice Peas	12 Artichoke & Curried Rice Sauteed Carrots Thai Cucumber or Greens w/Cucumber	13 Spinach Pie Yellow Squash Peas n' Radish Salad	14 Stuffed Portabella Green Beans Arugula w/Pear	15 Jack Fruit Rice Patties Sugar Snap Peas Spring Mix	16	17
18 Baked Risotto or Zucchini Boats Peas n' Carrots Spring Mix w/dried cranberries	19 Hearty Mac & Cheese Sugar Snap Peas Spring Mix w/Cucumber	20 Broccoli & Cheese Casserole Carrots Arugula w/Blueberries	21 Wild Rice Patty Green Beans Watermelon & Cucumber	22 Stuffed Bell Peppers Yellow Squash Mixed Greens w/Apple	23	24
25 Pasta Primavera or Wild Rice and Jackfruit Patties Sauteed Green Beans Spring Mix w/Cucumber	26 Stuffed Portabella Sugar Snap Peas Arugula w/Apples	27 Veggie Loaf Yellow Squash Coleslaw	28 Spinach Pie Sauteed Carrots Quinoa Arugula w/Apricots	29 Veggie "Meatballs" w/Sauce Zucchini Spring Mix 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.