

2023

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

RLS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03 Lemon Cod or Poached Chicken Basmati Rice Sugar Snap Peas Greens w/Cucumber	04	05
06 Vegetable Pot Pie with Rice Sautéed Zucchini Green Beans n'Carrots	07 Turkey with Apricot Quinoa Carrots Creamy Celery Soup	08 Oven Fried Chicken Basmati Rice Peas n' Carrots Coleslaw	09 Porkchops Stuffed or Stuffed Chicken Brown Rice Yellow Squash Mushroom Soup	10 Tuna Casserole Oregano Chicken Basmati Rice Sugar Snap Peas Peas n' Radish	11	12
13 Veggie Loaf or Black Bean Lentil Burger Quinoa Carrots Arruglua w/Pears	14 Turkey Rice Casserol Yellow Squash Creamy Pumpkin Soup	15 Chicken w/Apricot Quinoa Zucchini Mixed Greens w/Cucumbers	16 Italian Beef Sauce w/Pasta or Chicken Brown Rice Green Beans White Bean Soup	17 Sesame Tilapia or Baked Chicken Basmati Rice Peas n' Carrots Mixed Greens w/Apples	18	19
20 Baked Risotto or Zucchini Boats Yellow Squash Peas n' Radish	21 Turkey Meatloaf Brown Rice Zucchini Butternut Squash Soup	22 Tarragon Baked Chicken Quinoa Carrots Beets n' Carrots	23 Turkey w/Cranberry Mashed Potatoes w/Gravy Roasted Green Beans Arugula w/Pecans	24 Autumn Everything Soup Arugula w/Blueberries	25	26
27 Pasta Primavera or Wild Rice & Jackfruit Sautéed Green Beans Spring Mix w/Cucumber	28 Turkey Pot Pie Yellow Squash Sweet Pea Soup	29 Mango Chutney Chicken or Balsamic Chicken w/Quinoa Sautéed Carrots Green Bean n' Carrot	30 Beef Meat Loaf Chicken w/Oregano Brown Rice Zucchini Creamy Carrot Soup	01	02	03
04	05	06	07	08	09	10

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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