

2023

CALENDAR YEAR

NOVEMBER

CALENDAR MONTH

MONDAY

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	01	02	03 Black Bean & Lentil Basmati Rice Sugar Snap Peas Greens w/Cucumber	04	05
06 Vegetable Pot Pie with Rice Sauteed Zucchini Green Beans n'Carrots	07 Pasta w/Vegetable & Pesto Quinoa Carrots Creamy Celery Soup	08 Vegetarian Gumbo Basmati Rice Peas n' Carrots Coleslaw	09 Sun Dried Tomato Frittata Yellow Squash Mushroom Soup	10 Pasta Primavera Sugar Snap Peas Peas n' Radish	11	12
13 Veggie Loaf or Black Bean Lentil Burger Quinoa Carrots Arruglua w/Pears	14 Baked Risotto w/Veggie Yellow Squash Creamy Pumpkin Soup	15 Hearty Mac n' Cheese Zucchini Mixed Greens w/Cucumbers	16 Wild Rice Patties Green Beans White Bean Soup	17 Jerk Tofu Basmati Rice Peas n' Carrots Mixed Greens w/Apples	18	19
20 Baked Risotto or Zucchini Boats Yellow Squash Peas n' Radish	21 Broccoli Casserole Zucchini Butternut Squash Soup	22 Artichoke w/Curried Rice Carrots Beets n' Carrots	23 Holiday Veggie Loaf 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 Sauteed Green Beans Spring Mix w/Cucumber	28 Spinach Pie Yellow Squash Sweet Pea Soup	29 Veggie Loaf Sauteed Carrots Green Bean n' Carrot	30 Artichoke Tart 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.