

2024

FEBRUARY

MONDAY

2024 FEBRUARY

VEG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	01	02	03	04
			Spinach Frittata Sugar Snap Peas Pumpkin Soup	Stuffed Bell Pepper Carrots & Peas Arugula w/Blueberries		
05	06	07	08	09	10	11
Sun Dried Tomato Frittata Yellow Squash Lentil Soup	Artichoke Heart w/Rice Quinoa Carrots Peas & Fennel Salad	Baked Herbed Tofu Basmati Rice Green Beans Coleslaw	Black Bean & Lentil Patty Zucchini Creamy Celery Soup	Veggie Loaf Peas Beets & Carrot Salad		
12	13	14	15	16	17	18
Jackfruit & Wildrice Patty Yellow Squash Greens w/Cucumber	Spinach Pie Carrots Silky Zucchini Soup	Hearty Vegetable Stew Peas Green Bean & Carrot	Stuffed Mushroom Zucchini Creamy Carrot Soup	Veggie Shepherd's Pie Green Beans Coleslaw		
19	20	21	22	23	24	25
Veggie Gumbo Rice Carrots Arugula w/Mandarin	Artichoke Hearts w/Curry Zucchini White Bean Veggie Soup	Broccoli Casserole Yellow Squash Peas n' Radish Salad	Risotto w/Vegetables Carrots Mushroom Soup	Zucchini Boats Sugar Snap Peas Mixed Greens w/Apples		
26	27	28	29	01	02	03
Hearty Mac n' Cheese Sugar Snap Peas Beet & Carrot Salad	Veggie Patty Quinoa Yellow Squash Pumpkin Soup	Herbed Tofu Basmati Rice Zucchini Coleslaw	Artichoke w/Polenta Carrots Zucchini Soup			
04	05	06	07	08	09	10

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