CITY FRESH FOODS
Delivering health one meal at a time

September 2017
Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
28	**29**	**30**	**31**	Chicken Marsala Brown Rice Pilaf Broccoli Fruit **1**
Labor Day! **4**	Jerk Chicken Brown Rice & Beans Green Beans Fruit **5**	Baked Chicken Brown Rice Pilaf Mixed Vegetables w/ Broccoli Fruit **6**	Roast Turkey w/ Gravy Carrots Brown Rice & Red Beans Fruit **7**	Curried Chicken Brown Rice Broccoli Fruit **8**
Braised Chicken w/Jicama Lime Slaw Brown Rice Spinach Fruit **11**	Chicken w/ Marinara and GF Pasta Broccoli Fruit **12**	Braised Beef Brown Rice & Red Beans Mixed Vegetables w/ Broccoli Fruit **13**	Baked Tomato Chili Chicken Brown Rice Pilaf Carrots Fruit **14**	Three Bean Chili Brown Rice California Blend Vegetables Fruit **15**
Beef w/ Peppers & Onions Brown Rice & Beans Spinach Fruit **18**	Chicken Sausage w/ Cabbage Brown Rice Green Beans Fruit **19**	Chicken w/ Marinara and GF Pasta Green Peas Fruit **20**	Roast Chicken w/ Okra & Mushrooms Brown Rice Pilaf Carrots Fruit **21**	Meat Sauce w/ GF Pasta Broccoli Fruit **22**
Beef Tacos Corn Tortilla Corn Fruit **25**	Chicken w/Sofrito Brown Rice & Beans Carrots Fruit **26**	Chicken w/Salsa Brown Rice California Blend Vegetables Fruit **27**	Baked Chicken Brown Rice & Red Beans Spinach Fruit **28**	Chicken w/ Peppers and Onions Brown Rice Pilaf Mixed Vegetables Fruit **29**

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125

Menu subject to change

Phone 617-606-7123 | Fax 617-606-7126

City Fresh Foods, Inc may use Milk, Eggs, Fish, Shellfish, Soy, Treenuts & Wheat in its meal development & production. City Fresh Foods is a Peanut-free facility.
Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed.
In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.