



# February 2018 Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b>	<b>30</b>	<b>31</b>	Chicken w/ Marinara and GF Pasta  Broccoli Fruit  <div style="text-align: right;"><b>1</b></div>	Curried Chicken  Brown Rice Carrots Fruit  <div style="text-align: right;"><b>2</b></div>
BBQ Drum Sticks  Brown Rice Carrots Fruit  <div style="text-align: right;"><b>5</b></div>	Chicken Sausage w/ Cabbage  Brown Rice Vegetable Medley Fruit  <div style="text-align: right;"><b>6</b></div>	Ginger Scallion Tofu  Brown Rice Green Peas Fruit  <div style="text-align: right;"><b>7</b></div>	Chicken w/Salsa  Baked Tortilla Chips Collard Greens Fruit  <div style="text-align: right;"><b>8</b></div>	Smoke House Chili w/Squash  Green Beans Fruit  <div style="text-align: right;"><b>9</b></div>
Beef Tacos  Corn Tortilla Black Beans Fruit  <div style="text-align: right;"><b>12</b></div>	Chicken w/Sofrito  GF Pasta Broccoli Fruit  <div style="text-align: right;"><b>13</b></div>	Braised Beef  Brown Rice Kale Greens Fruit  <div style="text-align: right;"><b>14</b></div>	Turkey & Gravy  Brown Rice Carrots Fruit  <div style="text-align: right;"><b>15</b></div>	BBQ Chickpeas  Brown Rice Cabbage Fruit  <div style="text-align: right;"><b>16</b></div>
Turkey & Lettuce Wrap  Corn Tortilla Broccoli Florets Fruit  <div style="text-align: right;"><b>19</b></div>	Chickpea Nuggets  Sweet & Sour Sauce Brown Rice Green Beans Fruit  <div style="text-align: right;"><b>20</b></div>	Stewed Beef  Brown Rice Mixed Vegetables w/ Broccoli Fruit  <div style="text-align: right;"><b>21</b></div>	Smoke House Chili w/Squash  Baked Tortilla Chips Fruit  <div style="text-align: right;"><b>22</b></div>	Arroz con Pollo (Chicken)  Brown Rice Carrots Fruit  <div style="text-align: right;"><b>23</b></div>
Fajita Style Chicken  Black Beans Corn Tortilla Fruit  <div style="text-align: right;"><b>26</b></div>	Beef Tips w/Onions & Mushrooms  Brown Rice Broccoli Fruit  <div style="text-align: right;"><b>27</b></div>	Chicken w/ Marinara and GF Pasta  Green Beans Fruit  <div style="text-align: right;"><b>28</b></div>		