



April 2017 Allergen Free

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Cacciatore GF Pasta Spinach Fruit 3	Arroz con Pollo (Chicken) Yellow Rice Green Beans Fruit 4	Chicken w/ Marinara and GF Pasta Green Peas Fruit 5	Roast Chicken w/ Okra & Mushrooms Rice Pilaf Carrots Fruit 6	Meat Sauce w/ GF Pasta Broccoli Fruit 7
Rosemary Chicken Brown Rice Green Beans Fruit 10	Chicken w/ Peppers and Onions Rice and Beans Carrots Fruit 11	Arroz con Carnitas (Beef) White Rice California Blend Vegetables Fruit 12	Roast Chicken w/ Cabbage Yellow Rice Fruit Carrots 13	Chicken w/ Marinara and GF Pasta Broccoli Fruit 14
Jerk Chicken Brown Rice & Beans Carrots Fruit 17	Chicken and Broccoli w/ Marinara & GF Pasta Fruit 18	Roast Chicken w/ Gravy Brown Rice Mixed Vegetables Fruit 19	Chicken w/ Marinara and GF Pasta Green Peas Fruit 20	Meat Sauce w/ GF Pasta Broccoli Fruit 21
Braised Chicken w/Jicama Lime Slaw Yucca Fruit Spinach 24	Chicken and Broccoli w/ Marinara & GF Pasta Fruit 25	Beef Chili Baked Tortilla Chips Mixed Vegetables Fruit 26	Baked Tomato Chili Chicken Rice and Beans Carrots Fruit 27	Stewed Beef White Rice Broccoli Fruit 28