



November 2017

Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	Braised Chicken Brown Rice Mixed Vegetables w/ Broccoli Fruit <div style="text-align: right;">1</div>	Coconut Chickpeas Brown Rice Carrots Fruit <div style="text-align: right;">2</div>	Curried Chicken Brown Rice Broccoli Fruit <div style="text-align: right;">3</div>
Chicken w/Tomatillo Sauce Brown Rice Spinach Fruit <div style="text-align: right;">6</div>	Rosemary Chicken Brown Rice Broccoli Fruit <div style="text-align: right;">7</div>	BBQ Chickpeas Brown Rice Mixed Vegetables w/ Broccoli Fruit <div style="text-align: right;">8</div>	Baked Tomato Chili Chicken Brown Rice Pilaf Carrots Fruit <div style="text-align: right;">9</div>	Three Bean Chili Brown Rice California Blend Vegetables Fruit <div style="text-align: right;">10</div>
Beef w/ Peppers & Onions Brown Rice & Beans Spinach Fruit <div style="text-align: right;">13</div>	Chicken Sausage w/ Cabbage Brown Rice Green Beans w/Red Peppers Fruit <div style="text-align: right;">14</div>	Chicken w/ Marinara and GF Pasta Green Peas Fruit <div style="text-align: right;">15</div>	Chicken w/Salsa Corn Tortilla Carrots Fruit <div style="text-align: right;">16</div>	Harvest Meal Turkey & Gravy Mashed Sweet Potatoes Green Beans Fruit <div style="text-align: right;">17</div>
Beef Tacos Corn Tortilla Corn Fruit <div style="text-align: right;">20</div>	Chicken w/Sofrito Brown Rice & Beans Broccoli Fruit <div style="text-align: right;">21</div>	Carnita (Beef) Brown Rice California Blend Vegetables Fruit <div style="text-align: right;">22</div>	Turkey & Gravy Mashed Sweet Potatoes Collard Greens Fruit <div style="text-align: right;">23</div>	Chicken w/Tomatillo Cilantro Rice and Beans Mixed Vegetables Fruit <div style="text-align: right;">24</div>
Jerk Chicken Brown Rice & Beans Spinach Fruit <div style="text-align: right;">27</div>	Braised Beef & Vegetables Yellow Rice Green Beans Fruit <div style="text-align: right;">28</div>	Creole Chicken Brown Rice Mixed Vegetables w/ Broccoli Fruit <div style="text-align: right;">29</div>	Chicken w/ Marinara and GF Pasta Green Beans Fruit <div style="text-align: right;">30</div>	