



April 2018

Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Stewed Beef w/Vegetables Brown Rice Green Peas Fruit <b style="float: right;">2	Chicken Sausage w/ Cabbage Brown Rice Pilaf Carrots Fruit <b style="float: right;">3	Chicken w/Salsa Baked Tortilla Chips Black Beans Fruit <b style="float: right;">4	Arroz con Pollo (Chicken) Brown Rice Kale Greens Fruit <b style="float: right;">5	Meat Sauce w/ GF Pasta GF Pasta Broccoli Fruit <b style="float: right;">6
BBQ Chickpeas Brown Rice Mixed Vegetables Fruit w/BBQ Sauce <b style="float: right;">9	Braised Beef Brown Rice Carrots Fruit <b style="float: right;">10	Turkey Tacos Corn Tortilla Black Beans Fruit <b style="float: right;">11	Curry Chicken Brown Rice Green Beans Fruit <b style="float: right;">12	Jerk Chicken Yucca Broccoli Fruit <b style="float: right;">13
Chickpea Nuggets Brown Rice Green Beans Fruit Sweet & Sour Dipping Sauce <b style="float: right;">16	Chicken Picatta GF Pasta Green Peas Fruit <b style="float: right;">17	Rosemary Chicken Brown Rice Pilaf Broccoli Fruit <b style="float: right;">18	Veggie Taco Salad w/Lettuce, Black Beans, Corn & Brown Rice Vegetable Medley Fruit <b style="float: right;">19	White Bean Chili w/Chicken & Sweet Potatoes Carrots Baked Tortilla Chips Fruit <b style="float: right;">20
Creole Chicken Brown Rice Broccoli Fruit <b style="float: right;">23	Turkey Bolognese w/GF Pasta GF Pasta Green Peas Fruit <b style="float: right;">24	BBQ Chicken Brown Rice Carrots Fruit <b style="float: right;">25	Fajita Style Chicken Rice Bowl Brown Rice Black Beans Fruit <b style="float: right;">26	Braised Chicken w/Jicama Lime Slaw Brown Rice Vegetable Medley Fruit <b style="float: right;">27
Chicken w/Mango Sauce Brown Rice Carrots Fruit <b style="float: right;">30				