



# December 2017

## Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	Jerk Chicken  Brown Rice Carrots Fruit  <b>1</b>
Chicken w/Tomatillo Sauce  Brown Rice Kale Greens Fruit  <b>4</b>	Baked Tomato Chili Chicken  Brown Rice Green Peas Fruit  <b>5</b>	BBQ Chickpeas  Brown Rice Mixed Vegetables w/ Broccoli Fruit  <b>6</b>	Rosemary Chicken  Brown Rice Pilaf Broccoli Fruit  <b>7</b>	Smoke House Chili w/Squash  Brown Rice Fruit  <b>8</b>
Beef w/ Peppers & Onions  Brown Rice & Beans Broccoli Fruit  <b>11</b>	Chicken Sausage w/ Cabbage  Brown Rice Vegetable Medley Fruit  <b>12</b>	Chicken w/ Marinara and GF Pasta  Green Peas Fruit  <b>13</b>	Chicken w/Salsa  Corn Tortilla Carrots Fruit  <b>14</b>	Turkey & Gravy  Mashed Sweet Potatoes Green Beans Fruit  <b>15</b>
Beef Tacos  Corn Tortilla Corn Fruit  <b>18</b>	Chicken w/Sofrito  Brown Rice & Beans Broccoli Fruit  <b>19</b>	Braised Beef  Brown Rice California Blend Vegetables Fruit  <b>20</b>	Fajita Style Chicken  Black Beans Corn Tortilla Fruit  <b>21</b>	Chicken w/Dried Mango  Rice and Beans Mixed Vegetables Fruit  <b>22</b>
Christmas Holiday!          <b>25</b>	Honey Mustard Chicken Wrap  Corn Tortilla Four Bean Salad Fruit  <b>26</b>	Creole Chicken  Brown Rice Mixed Vegetables w/ Broccoli Fruit  <b>27</b>	Stewed Beef  Brown Rice Collard Greens Fruit  <b>28</b>	Arroz con Pollo (Chicken)  Brown Rice Broccoli Fruit  <b>29</b>