



March 2018

Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	Chicken Cacciatore Brown Rice Pilaf Mixed Vegetables Fruit 1	Jerk Chicken Brown Rice Carrots Fruit 2
Beef w/ Peppers & Onions Brown Rice & Beans Carrots Fruit 5	Chicken Sausage w/ Cabbage Brown Rice Vegetable Medley 6	Chicken and Braised Greens Brown Rice Green Peas Fruit 7	Chicken w/Salsa Baked Tortilla Chips Collard Greens Fruit 8	Chicken & White Bean Chili Broccoli Fruit 9
Chicken w/Sofrito GF Pasta Broccoli Fruit 12	Beef Tacos Corn Tortilla Black Beans Fruit 13	BBQ Chickpeas Brown Rice Green Peas Fruit 14	Corned Beef & Cabbage Brown Rice Carrots Fruit 15	Turkey Bolognese w/GF Pasta GF Pasta Mixed Vegetables Fruit 16
Chicken w/ Marinara and GF Pasta GF Pasta Broccoli Florets Fruit 19	Chickpea Nuggets Brown Rice Green Peas Fruit Sweet & Sour Sauce 20	Stewed Beef Brown Rice Mixed Vegetables w/ Broccoli Fruit 21	Fajita Style Chicken Rice Bowl Black Beans & Brown Rice Fruit 22	GF-Arroz con Pollo (Chicken) Brown Rice Carrots Fruit 23
Chicken w/Tomatillo Sauce Brown Rice & Beans Kale Greens Fruit 26	Creole Chicken Brown Rice Mixed Vegetables Fruit 27	Turkey Bolognese w/GF Pasta GF Pasta Carrots Fruit 28	Vegetable Curry w/Green Peas Brown Rice & Beans Broccoli Fruit 29	Smoke House Chili w/Squash Brown Rice Fruit 30