



May 2018

Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">30</p>	<p>Jerk Chicken</p> <p>Brown Rice Broccoli Fruit</p> <p style="text-align: right;">1</p>	<p>Roast Turkey w/ Gravy</p> <p>Brown Rice Corn on the Cob Fruit</p> <p style="text-align: right;">2</p>	<p>Arroz con Pollo (Chicken)</p> <p>Brown Rice Green Peas Fruit</p> <p style="text-align: right;">3</p>	<p>Black Bean Sweet Potato Nachos</p> <p>Baked Tortilla Chips Vegetable Medley Fruit</p> <p style="text-align: right;">4</p>
<p>Chicken w/Sofrito</p> <p>Brown Rice & Beans Broccoli Fruit</p> <p style="text-align: right;">7</p>	<p>BBQ Chickpeas</p> <p>Brown Rice Mixed Vegetables Fruit</p> <p style="text-align: right;">8</p>	<p>Creole Chicken</p> <p>Brown Rice Green Peas Fruit</p> <p style="text-align: right;">9</p>	<p>Beef w/ Peppers & Onions</p> <p>Brown Rice Kale Greens Fruit</p> <p style="text-align: right;">10</p>	<p>Chicken w/Tomatillo Sauce</p> <p>Brown Rice Carrots Fruit</p> <p style="text-align: right;">11</p>
<p>Chicken Marsala</p> <p>GF Pasta Broccoli Fruit</p> <p style="text-align: right;">14</p>	<p>Beef Tacos</p> <p>Corn Tortilla Black Beans & Corn Fruit</p> <p style="text-align: right;">15</p>	<p>Turkey Bolognese w/GF Pasta</p> <p>GF Pasta Mixed Vegetables Fruit</p> <p style="text-align: right;">16</p>	<p>Vegetable Curry</p> <p>Brown Rice Green Beans Fruit</p> <p style="text-align: right;">17</p>	<p>White Bean Chili</p> <p>w/Chicken & Sweet Potatoes Baked Tortilla Chips Fruit</p> <p style="text-align: right;">18</p>
<p>Chicken w/ Marinara</p> <p>GF Pasta Cauliflower Fruit</p> <p style="text-align: right;">21</p>	<p>Chickpea Nuggets</p> <p>Brown Rice Vegetable Medley Fruit Sweet & Sour Sauce</p> <p style="text-align: right;">22</p>	<p>Chicken Sausage w/ Cabbage</p> <p>Brown Rice Pilaf Broccoli Fruit</p> <p style="text-align: right;">23</p>	<p>Steak w/Peppers & Onions</p> <p>Brown Rice Sweet Potato Fries Fruit</p> <p style="text-align: right;">24</p>	<p>Braised Chicken w/Jicama Lime Slaw</p> <p>Brown Rice Carrots Fruit</p> <p style="text-align: right;">25</p>
<p>Memorial Day!</p> <p style="text-align: right;">28</p>	<p>Chicken w/Mango Sauce</p> <p>Brown Rice Pilaf Broccoli Fruit</p> <p style="text-align: right;">29</p>	<p>Fajita Style Chicken Rice Bowl</p> <p>Brown Rice Black Beans Fruit</p> <p style="text-align: right;">30</p>	<p>Braised Beef</p> <p>Brown Rice Green Beans Fruit</p> <p style="text-align: right;">31</p>	