



# October 2017

## Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
Arroz con Pollo (Chicken)  Brown Rice Black Beans Fruit  <b style="float: right;">2</b>	Chicken w/ Marinara and GF Pasta  Green Beans Fruit  <b style="float: right;">3</b>	Stewed Beef  Creole Rice Mixed Vegetables w/ Broccoli Fruit  <b style="float: right;">4</b>	Vegetarian Curry  Brown Rice Carrots Fruit  <b style="float: right;">5</b>	Curried Chicken  Brown Rice Broccoli Fruit  <b style="float: right;">6</b>
Columbus Day!      <b style="float: right;">9</b>	Chicken w/ Marinara and GF Pasta  Broccoli Fruit  <b style="float: right;">10</b>	BBQ Chicken  Brown Rice Baked Beans Fruit  <b style="float: right;">11</b>	Chicken w/ Peppers and Onions  Brown Rice Pilaf Carrots Fruit  <b style="float: right;">12</b>	Three Bean Chili  Brown Rice California Blend Vegetables Fruit  <b style="float: right;">13</b>
Beef w/ Peppers & Onions  Brown Rice & Beans Spinach Fruit  <b style="float: right;">16</b>	Chicken Sausage w/ Cabbage  Brown Rice Green Beans w/Red Peppers Fruit  <b style="float: right;">17</b>	Chicken w/ Marinara and GF Pasta  Green Peas Fruit  <b style="float: right;">18</b>	Roast Turkey w/ Gravy  Mashed Sweet Potatoes California Blend Vegetables Fruit  <b style="float: right;">19</b>	Meat Sauce w/ GF Pasta  Broccoli Fruit  <b style="float: right;">20</b>
Beef Tacos  Corn Tortilla Corn Fruit  <b style="float: right;">23</b>	Chicken w/Sofrito  Brown Rice & Beans Broccoli Fruit  <b style="float: right;">24</b>	Chicken w/Salsa  Brown Rice California Blend Vegetables Fruit  <b style="float: right;">25</b>	Baked Chicken  Brown Rice & Red Beans Carrots Fruit  <b style="float: right;">26</b>	Chicken w/Tomatillo Cilantro  Rice and Beans Mixed Vegetables Fruit  <b style="float: right;">27</b>
Jerk Chicken  Brown Rice & Beans Spinach Fruit  <b style="float: right;">30</b>	Stewed Beef  Yellow Rice Green Beans Fruit  <b style="float: right;">31</b>			