



March 2019
Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea Nuggets Brown Rice Pilaf Broccoli Fruit Sweet & Sour Sauce 1	Chicken w/Garlic Sauce GF Pasta Mixed Vegetables Fruit 2	Garbanzo Bean & Veggie Quinoa Bowl Quinoa & Brown Rice Green Beans Fruit 3	Chicken Fajita Bowl Whole Grain Brown Rice Corn w/Peppers Fruit 4	Sweet Potato White Bean Cake w/Tangerine Sauce Carrots Fruit 5
Falafel w/Apple Chutney Whole Grain Brown Rice Broccoli Fruit 8	Curried Chicken Whole Grain Brown Rice Black Beans & Corn Fruit 9	Chicken Picatta GF Pasta Broccoli Fruit 10	Roasted Root Vegetables Sweet Grits Sweet Potato Homefries Fruit 11	Garlic Chickpeas GF Pasta Green Beans Fruit 12
Garbanzo Bean & Veggie Quinoa Bowl Quinoa & Brown Rice Corn w/Peppers Fruit 15	Chickpea Nuggets Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Sauce 16	Caribbean Chicken w/Peppers & Onion Whole Grain Brown Rice Sweet Potato Wedges Fruit 17	Curried Chickpeas Whole Grain Brown Rice Mixed Vegetables Fruit 18	Chicken & White Bean Chili Whole Grain Brown Rice Fruit 19
Chicken Scampi GF Pasta Broccoli Fruit 22	Homemade Turkey Meatballs w/Sweet & Sour Sauce Whole Grain Brown Rice Green Beans Fruit 23	Chicken Fajita Bowl Whole Grain Brown Rice Corn w/Red Peppers Fruit 24	Sweet Potato White Bean Cake w/Honey Mustard Sauce Brown Rice Pilaf Carrots Fruit 25	Smokehouse Chili w/Sweet Potato Mixed Vegetables Fruit 26
Falafel w/Hummus Brown Rice Pilaf Broccoli Fruit 29	Sweet Potato Corn Cake w/Honey Glaze Whole Grain Brown Rice Mixed Vegetables Fruit 30			