



August 2019 Allergen Free 4 Week

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	Sweet Potato White Bean Patty w/ Tangerine Sauce Whole Grain Brown Rice Mixed Vegetables Fruit <b style="text-align: right;">1	WG Chickpea Nuggets Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Dipping Sauce <b style="text-align: right;">2
Chicken Fajita Bowl Brown Rice & Beans California Veggies Fruit <b style="text-align: right;">5	Garlic Chickpeas GF Pasta Green Beans Fruit <b style="text-align: right;">6	Black Bean & Quinoa Stuffed Pepper Whole Grain Brown Rice Corn Fruit <b style="text-align: right;">7	Sweet Potato Corn Fritters w/Sweet & Sour Sauce Whole Grain Brown Rice Carrots Fruit <b style="text-align: right;">8	Garbanzo Bean & Veggie Quinoa Bowl Quinoa & Brown Rice Broccoli Fruit <b style="text-align: right;">9
Chicken Picatta GF Pasta California Veggies Fruit <b style="text-align: right;">12	Caribbean Chicken w/Peppers & Onions Polenta Mixed Vegetables Fruit <b style="text-align: right;">13	Curried Chickpeas Whole Grain Brown Rice Broccoli Fruit <b style="text-align: right;">14	Chicken & White Bean Chili Whole Grain Brown Rice Fruit <b style="text-align: right;">15	Falafel w/ Apple Chutney Whole Grain Brown Rice Carrots Fruit <b style="text-align: right;">16
Chicken Scampi GF Pasta Broccoli Fruit <b style="text-align: right;">19	Roasted Veggies & White Beans Whole Grain Brown Rice Mixed Vegetables Fruit <b style="text-align: right;">20	Chicken in Red Pepper Sauce GF Baked Tortilla Chips Black Beans & Corn Fruit <b style="text-align: right;">21	Chicken Sausage w/Peppers & Onions Polenta Carrots Fruit <b style="text-align: right;">22	Homemade Turkey Meatball Roasted Red Pepper Sauce GF Pasta Broccoli Fruit <b style="text-align: right;">23
Chicken w/Garlic Sauce Whole Grain Brown Rice Sweet Potato Hash Fruit <b style="text-align: right;">26	Smoke House Chili w/Sweet Potato Whole Grain Brown Rice Fruit <b style="text-align: right;">27	Honey Mustard Chicken Whole Grain Brown Rice Mixed Vegetables Fruit <b style="text-align: right;">28	Sweet Potato White Bean Patty w/ Tangerine Sauce Whole Grain Brown Rice California Veggies Fruit <b style="text-align: right;">29	WG Chickpea Nuggets Whole Grain Brown Rice Broccoli Fruit Sweet & Sour Dipping Sauce <b style="text-align: right;">30