



May Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Black Bean & Sweet Potato Hash, Polenta, Green Beans w/ Peppers, Fruit</p> <p>3</p>	<p>Chicken Sausage w/ Peppers & onions, Brown Rice, Carrots, Fruit</p> <p>4</p>	<p>Chicken in Garlic Sauce, Gluten Free Pasta, California Blend Vegetables, Fruit</p> <p>5</p>	<p>Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Mixed Vegetables, Fruit</p> <p>6</p>	<p>Sweet Potato White Bean Patty, Quinoa & Brown Rice, Broccoli, Fruit</p> <p>7</p>
<p>Falafel w/ Apple Chutney, Whole Grain Brown Rice, Cauliflower w/ Peppers, Fruit</p> <p>10</p>	<p>Chicken & White Bean Chili, Whole Grain Brown Rice, Kale & Peppers, Fruit</p> <p>11</p>	<p>Sweet & Sour Chicken, Whole Grain Brown Rice, Green Peas, Fruit</p> <p>12</p>	<p>Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit</p> <p>13</p>	<p>Gluten Free Crispy Chicken, Quinoa & Brown Rice, Mixed Vegetables, Fruit</p> <p>14</p>
<p>Roaste Veggies & White Beans, Whole Grain Brown Rice, Vegetable Medley, Fruit</p> <p>17</p>	<p>Honey Mustard Chicken, Whole Grain Brown Rice, Green Beans / Peppers, Fruit</p> <p>18</p>	<p>Chicken Sausage, Quinoa & Brown Rice, Mixed Vegetables, Fruit</p> <p>19</p>	<p>Chicken Picatta, Gluten Free Pasta, Broccoli w/ Peppers, Fruit</p> <p>20</p>	<p>Southwest Black Bean Stew, Whole Grain Brown Rice, Carrots, Fruit</p> <p>21</p>
<p>Chicken Scampi, Gluten Free Pasta, Broccoli, Fruit</p> <p>24</p>	<p>Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Carrots, Fruit</p> <p>25</p>	<p>Asian Peach Glazed Chicken, Whole Grain Brown Rice, Mixed Vegetables, Fruit</p> <p>26</p>	<p>Caribbean Chicken w/ Peppers, Polenta, Green Beans w/ Peppers, Fruit</p> <p>27</p>	<p>Curried Chickpeas, Whole Grain Brown Rice, Broccoli, Fruit</p> <p>28</p>
<p>Holiday - No Meal Served</p> <p>31</p>				