



November Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Veggies & White Beans, Whole Grain Brown Rice, Vegetable Medley, Fruit 1	Honey Mustard Chicken, Gluten Free Pasta, Carrots, Fruit 2	Chicken Sausage, Quinoa, Broccoli, Fruit 3	Chicken Picatta, Gluten Free Pasta, Mixed Vegetables, Fruit 4	Southwest Black Bean Stew, Whole Grain Brown Rice, Green Beans, Fruit 5
Chicken Scampi, Gluten Free Pasta, Corn w/ Peppers, Fruit 8	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Green Beans w/ Peppers, Fruit 9	Asian Peach Glazed Chicken, Gluten Free Pasta, Broccoli, Fruit 10	Caribbean Chicken w/ Peppers, Whole Grain Grits, Carrots, Fruit 11	Curried Chickpeas, Whole Grain Brown Rice, Tuscan Vegetable Blend, Fruit 12
Black Bean Sweet Potato Hash, Whole Grain Grits, Broccoli, Fruit 15	Chicken Sausage w/ Peppers & Onions, Quinoa, Corn, Fruit 16	Chicken in Garlic Sauce, Gluten Free Pasta, Tuscan Vegetable Blend, Fruit 17	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Green Beans, Fruit 18	Sweet Potato White Bean Patty, Quinoa, Carrots, Fruit 19
Falafel w/ Apple Chutney, Whole Grain Brown Rice, California Blend Vegetables, Fruit 22	Chicken & White Bean Chili, Whole Grain Grits, Vegetable Medley, Fruit 23	Sweet & Sour Chicken, Whole Grain Brown Rice, Broccoli, Fruit 24	Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Green Beans, Fruit 25	Gluten Free Crispy Chicken, Quinoa, Carrots, Fruit 26
Roasted Veggies & White Beans, Whole Grain Brown Rice, Broccoli, Fruit 29	Honey Mustard Chicken, Gluten Free Pasta, Vegetable Medley, Fruit 30			