



December Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken Sausage, Quinoa, California Blend Vegetables, Fruit	Chicken Picatta, Gluten Free Pasta, Corn, Fruit	Southwest Black Bean Stew, Whole Grain Brown Rice, Green Beans, Fruit
		1	2	3
Chicken Scampi, Gluten Free Pasta, Broccoli, Fruit	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Vegetable Medley, Fruit	Asian Peach Glazed Chicken, Gluten Free Noodles, Carrots, Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits, Broccoli, Fruit	Curried Chickpeas, Whole Grain Brown Rice, Mixed Vegetables, Fruit
6	7	8	9	10
Black Bean Sweet Potato Hash, Whole Grain Grits, California Blend Vegetables, Fruit	Chicken Sausage w/ Peppers & Onions, Quinoa, Vegetable Medley, Fruit	Chicken in Garlic Sauce, Gluten Free Pasta, Broccoli, Fruit	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Carrots, Fruit	Sweet Potato White Bean Patty, Quinoa, Green Beans w/ Peppers, Fruit
13	14	15	16	17
Falafel w/ Apple Chutney, Whole Grain Brown Rice, Mixed Vegetables, Fruit	Chicken & White Bean Chili, Whole Grain Grits, Corn, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, California Blend Vegetables, Fruit	Homemade Turkey Meatballs w/ Marinara Sauce, Gluten Free Noodles, Tuscan Blend Vegetables, Fruit	Gluten Free Crispy Chicken, Quinoa, Broccoli, Fruit
20	21	22	23	24
Roasted Veggies & White Beans, Whole Grain Brown Rice, Carrots, Fruit	Honey Mustard Chicken, Gluten Free Noodles, Broccoli, Fruit	Chicken Sausage, Quinoa, Green Beans w/ Peppers, Fruit	Chicken Picatta, Gluten Free Pasta, Kale & Peppers, Fruit	Southwest Black Bean Stew, Whole Grain Brown Rice, Mixed Vegetables, Fruit
27	28	29	30	31