



May Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Scampi, Gluten Free Pasta, Vegetable Medley, Fruit 2	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Broccoli, Fruit 3	Asian Peach Glazed Chicken, Gluten Free Noodles, California Blend Vegetables, Fruit 4	Caribbean Chicken w/ Peppers, Whole Grain Grits, Vegetable Medley, Fruit 5	Curried Chickpeas, Whole Grain Brown Rice, Brussel Sprouts, Fruit 6
Honey Mustard Chicken, Gluten Free Pasta, California Blend Vegetables, Fruit 9	Chicken Sausage with Peppers & Onions, Quinoa, Green Beans, Fruit 10	Chicken in Garlic Sauce, Gluten Free Pasta, Vegetable Medley, Fruit 11	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Mixed Vegetables, Fruit 12	Sweet Potato White Bean Patty, Quinoa, Broccoli, Fruit 13
Falafel w/ Apple Chutney, Whole Grain Brown Rice, Tuscan Blend Vegetables, Fruit 16	Chicken & White Bean Chili, Whole Grain Grits, Green beans w/ Peppers, Fruit 17	Sweet & Sour Chicken, Whole Grain Brown Rice, Green Peas, Fruit 18	Homemade Turkey Meatballs w/ Marinara Sauce, Gluten Free Pasta, Carrots, Fruit 19	Gluten Free Crispy Chicken, Quinoa, Mixed Vegetables, Fruit 20
Roasted Veggies & White Beans, Whole Grain Brown Rice, Broccoli, Fruit 23	Honey Mustard Chicken, Gluten Free Pasta, California Blend Vegetables, Fruit 24	Chicken Sausage, Quinoa, Vegetable Medley, Fruit 25	Chicken Picatta, Gluten Free Pasta, Green Beans w/ Peppers, Fruit 26	Southwest Black Bean Stew, Whole Grain Brown Rice, Mixed Vegetables, Fruit 27
Sites Closed 30	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Carrots, Fruit 31			