



June Allergen Menu

Delivering health one meal at a time!

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