



July Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
				Curried Chickpeas, Whole Grain Brown Rice, Zucchini & Squash, Fruit 1
Holiday - No Meal 4	Chicken Sausage w/ Peppers & Onions, Quinoa, Broccoli, Fruit 5	Chicken in Garlic Sauce, Gluten Free Pasta, California Blend Vegetables, Fruit 6	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Vegetable Medley, Fruit 7	Sweet Potato White Bean Patty, Quinoa, Brussel Sprouts, Fruit 8
Falafel w/ Apple Chutney, Whole Grain Brown Rice, Collard Greens, Fruit 11	Chicken & White Bean Chili, Whole Grain Grits, Green Beans, Fruit 12	Sweet & Sour Chicken, Whole Grain Brown Rice, Vegetable Medley, Fruit 13	Homemade Turkey Meatballs with Marinara Sauce, Gluten Free Noodles, Mixed Vegetables, Fruit 14	Gluten Free Crispy Chicken, Quinoa, Broccoli, Fruit 15
Roasted Veggies & White Beans, Whole Grain Brown Rice, Carrots, Fruit 18	Honey Mustard Chicken, Gluten Free Noodles, Broccoli, Fruit 19	Chicken Sausage, Quinoa, Mixed Vegetables, Fruit 20	Chicken Picatta, Gluten Free Pasta, Vegetable Medley, Fruit 21	Southwest Black Bean Stew, Whole Grain Brown Rice, Green Beans w/ Peppers, Fruit 22
Chicken Scampi, Gluten Free Pasta, Mixed Vegetables, Fruit 25	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Broccoli, Fruit 26	Asian Peach Glazed Chicken, Gluten Free Noodles, Carrots, Fruit 27	Caribbean Chicken w/ Peppers, Whole Grain Grits, Green Peas, Fruit 28	Curried Chickpeas, Whole Grain Brown Rice, California Blend Vegetables, Fruit 29