



August Allergen Menu

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
Black Bean Sweet Potato Hash, Whole Grain Grits, Tuscan Vegetable Blend, Fruit 1	Chicken Sausage w/ Peppers & Onions, Quinoa, Carrots, Fruit 2	Chicken in Garlic Sauce, Gluten Free Pasta, Kale & Peppers, Fruit 3	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Brussel Sprouts, Fruit 4	Sweet Potato White Bean Patty, Quinoa, Zucchini & Squash, Fruit 5
Falafel w/ Apple Chutney, Whole Grain Brown Rice, Kale, Corn & Peppers, Fruit 8	Chicken & White Bean Chili, Whole Grain Grits, Vegetable Medley, Fruit 9	Sweet & Sour Chicken, Whole Grain Brown Rice, Broccoli, Fruit 10	Homemade Turkey Meatballs with Marinara Sauce, Gluten Free Noodles, Carrots, Fruit 11	Gluten Free Crispy Chicken, Quinoa, Green Beans, Fruit 12
Roasted Veggies & White Beans, Whole Grain Brown Rice, Brussel Sprouts, Fruit 15	Honey Mustard Chicken, Gluten Free Noodles, Broccoli, Fruit 16	Chicken Sausage, Quinoa, Mixed Vegetables, Fruit 17	Chicken Picatta, Gluten Free Pasta, Vegetable Medley, Fruit 18	Southwest Black Bean Stew, Whole Grain Brown Rice, Green Beans w/ Red Peppers, Fruit 19
Chicken Scampi, Gluten Free Pasta, Vegetable Medley, Fruit 22	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Corn w/ Red Peppers, Fruit 23	Asian Peach Glazed Chicken, Gluten Free Noodles, Green Beans, Fruit 24	Caribbean Chicken w/ Peppers, Whole Grain Grits, Collard Greens, Fruit 25	Curried Chickpeas, Whole Grain Brown Rice, Mixed Vegetables, Fruit 26
Black Bean Sweet Potato Hash, Whole Grain Grits, California Blend Vegetables, Fruit 29	Chicken Sausage w/ Peppers & Onions, Quinoa, Broccoli, Fruit 30	Chicken in Garlic Sauce, Gluten Free Pasta, Tuscan Vegetables, Fruit 31		