



November Allergen

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken & White Bean Chili, Whole Grain Grits, Black Beans & Corn, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, Green Peas, Fruit	Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Carrots, Fruit	Gluten Free Crispy Chicken, Quinoa, Green Beans w/ Peppers, Fruit
	1	2	3	4
Roasted Veggies & White Beans, Brown Rice, Carrots, Fruit	Honey Mustard Chicken, Gluten Free Pasta, Green Beans, Fruit	Chicken Sausage, Quinoa, Stewed Beans, Fruit	Chicken Picatta, Gluten Free Pasta, Broccoli, Fruit	Southwest Black Bean Stew, Whole Grain Brown Rice, Corn w/ Peppers, Fruit
7	8	9	10	11
Chicken Scampi, Gluten Free Pasta, Carrots, Fruit	Garbanzo Bean & Veggie Bowl, Whole Grain Brown Rice, Green Beans w/ Peppers, Fruit	Asian Peach Glazed Chicken, Gluten Free Noodles, Kale & Corn, Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits, Stewed Beans, Fruit	Curried Chickpeas, Whole Grain Brown Rice, Broccoli, Fruit
14	15	16	17	18
Black Bean Sweet Potato Hash, Whole Grain Grits, Tuscan Blend Vegetables, Fruit	Chicken Sausage w/ Peppers & Onions, Quinoa, Black Beans & Corn, Fruit	Chicken in Garlic Sauce, Gluten Free Pasta, Broccoli, Fruit	Braised Garbanzo Beans & Vegetables, Whole Grain Brown Rice, Mixed Vegetables, Fruit	Sweet Potato White Bean Patty, Quinoa, Green Beans, Fruit
21	22	23	24	25
Falafel with Apple Chutney, Brown Rice, Carrots, Fruit	Chicken & White Bean Chili, Whole Grain Grits, Black Beans & Corn, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, Broccoli, Fruit		
28	29	30		