



December Allergen Free Menu 2022

Delivering health one meal at a time!

Monday	Tuesday	Wednesday	Thursday	Friday
			Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Carrots, Fruit	Gluten Free Crispy Chicken, Quinoa, Brussel Sprouts, Fruit
			1	2
Seasoned Turkey & Sweet Potato Bowl, Brown Rice, Fruit	Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit	Chicken Sausage, Quinoa, Plantains, Fruit	Chicken Picatta, Gluten Free Pasta, Corn, Fruit	Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit
5	6	7	8	9
BBQ Chicken (Wheat & Soy Free), Gluten Free Pasta, Carrots, Fruit	Sweet & Sour Turkey Meatballs, Brown Rice, Sweet Potatoes, Fruit	Asian Peach Glazed Chicken, Gluten Free Noodles, Kale & Corn, Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits, Plantains, Fruit	Curried Chicken, Whole Grain Brown Rice, Broccoli, Fruit
12	13	14	15	16
Turkey & Sweet Potato Hash, Whole Grain Grits, Brussel Sprouts, Fruit	Chicken Sausage w/ Peppers & Onions, Quinoa, Sweet Potatoes, Fruit	Chicken in Garlic Sauce, Gluten Free Pasta, Broccoli, Fruit	Chicken Marsala, Brown Rice, Carrots, Fruit	Powerhouse Turkey Chili (Legume Free) w/ Sweet Potatoes & Corn, Brown Rice, Fruit
19	20	21	22	23
Chicken Sausage with Apple Chutney, Brown Rice, Carrots, Fruit	Turkey Bolognese Sauce, Gluten Free Spaghetti, Broccoli, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, Sweet Potatoes, Fruit	Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Carrots, Fruit	Gluten Free Crispy Chicken, Quinoa, Brussel Sprouts, Fruit
26	27	28	29	30