



Allergy Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
9/30 Vegetarian Chili Steamed Rice Carrot Mash Apple WG Corn Chips*	10/1 Italian Chicken (no cheese) Oven Browned Potatoes Green Peas Banana WG Corn Tortilla*	10/2 Beefy Meat Sauce Gluten Free Pasta Broccoli Orange WG Corn Tortilla*	10/3 Potato Chicken Taco Refried Beans Diced Carrots Pear WG Corn Tortilla*	10/4 Beefy Marinara Gluten Free Pasta Green Beans Diced Fresh Fruit WG Corn Tortilla*
10/7 Turkey Chili Steamed Rice Green Peas Apple WG Corn Chips*	10/8 Red Beans & Rice Broccoli Banana WG Corn Chips*	10/9 Fiesta Chicken Steamed Rice Cauliflower Orange WG Corn Tortilla*	10/10 Beef Sloppy Joe Baked French Fries Sauteed Cabbage Pear WG Corn Tortilla*	10/11 Chicken & Country Gravy Mashed Potatoes Roasted Green Beans Diced Fresh Fruit WG Corn Tortilla*
10/14 CLOSED	10/15 Beef Tacos Spanish Black Beans Broccoli Banana WG Corn Tortilla*	10/16 Red Beans and Rice Roasted Vegetables Orange WG Corn Chips*	10/17 Diced Chicken & Gravy Mashed Potatoes Green Beans Pear WG Corn Tortilla*	10/18 Beefy Marinara Gluten Free Pasta Cauliflower Diced Fresh Fruit WG Corn Tortilla
10/21 Red beans & Rice Corn Apple WG Corn Chips*	10/22 Diced Chicken & Gravy Mashed Potatoes Broccoli Banana WG Corn Tortilla*	10/23 Diced Turkey Wrap ~Mustard Green Peas Orange WG Corn Tortilla*	10/24 Beef Nacho Spanish Rice Diced Carrots Pear WG Corn Tortilla Chips*	10/25 Italian Chicken (No Cheese) Steamed Rice Brussel Sprouts Diced Fresh Fruit WG Corn Tortilla*
10/28 Vegetarian Chili Steamed Rice Carrot Mash Apple WG Corn Chips*	10/29 Italian Chicken (no cheese) Oven Browned Potatoes Green Peas Banana WG Corn Tortilla*	10/30 Beefy Meat Sauce Gluten Free Pasta Broccoli Orange WG Corn Tortilla*	10/31 Potato Chicken Taco Refried Beans Diced Carrots Pear WG Corn Tortilla*	11/1 CLOSED

Our Chicken & Beef are 100% Natural, no artificial ingredients, no artificial colors, no preservatives.

Menu provided by Quality Catering approved by Rana Ahmad, MS RDN LDN

(*) Denotes item is WHOLE GRAIN

Menus are subject to change

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