



ALLERGY FREE KITCHEN- FREE OF

soy + wheat + gluten + eggs + dairy +
shellfish + tree nuts + peanuts



SUNDAY

LUNCH

Smoked Salmon
Ham
Vegan Scramble
Asparagus
Chef's Choice Oats
Bread Pudding

DINNER

Smoked Brisket
Roasted Vegetable and Chickpea Bowls (V)
BBQ Baked Beans
Mashed Potatoes
Broccoli Slaw

MONDAY

Swedish Meatballs
Swedish Lentils (V)
Buttered Noodles
Lemon Butter Green Beans
Herb Roasted Rainbow Carrots

Citrus Basil Grilled Chicken
Citrus Basil Vegetable Pasta (V)
Garlic Roasted Eggplant
Parmesan Tomatoes
Chef's Choice Vegetables

TUESDAY

Grilled Pork Chop w/ Peach Compote
Spaghetti w/ Basil and Grilled Peaches (V)
Asparagus
Rice Pilaf
Chef's Choice Vegetables

Herb Roasted Chicken Breast
Roasted Chickpeas, Brussels & Carrots, w/
Polenta (V)
Garlic Mushroom and Cauliflower Sauté
Chef's Choice Vegetables

FOR A CONSULTATION WITH OUR DIETITIAN:

Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu



Dining Services



ALLERGY FREE KITCHEN- FREE OF
soy + wheat + gluten + eggs + dairy +
shellfish + tree nuts + peanuts



WEDNESDAY

LUNCH

Tomato Basil Soup
Grilled Cheese
Caesar Salad
Mixed Fruit

DINNER

Teff Pancakes
Maple Sausage
Smoked Bacon
Apple and Cinnamon Grain Bowls
Grapefruit

THURSDAY

Sloppy Joe Sweet Potatoes
Chickpea Joe Sweet Potatoes (V)
Warm Mushroom and Arugula Salad

Lasagna
Garden Lasagna (V)
Roasted Broccoli
Italian Salad
Chef's Choice Vegetables

FRIDAY

Honey Glazed Ham
Cacio E Pepe w/ Arugula (V)
Garlic Smashed Potatoes
Buttery Corn Cobs

Smoked Meatloaf
White Bean Chili (V)
Mac n' Cheese
Black Eyed Peas
Steamed Broccoli
Corn Muffins

FOR A CONSULTATION WITH OUR DIETITIAN:

Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu



Dining Services



ALLERGY FREE KITCHEN - FREE OF
soy + wheat + gluten + eggs + dairy +
shellfish + tree nuts + peanuts



SATURDAY

BRUNCH

Baked French Toast
House Sausage
Smoked Bacon
Chef's Choice Oats
Melon Medley

DINNER

Nacho Bar

FOR A CONSULTATION WITH OUR DIETITIAN:

Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu