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

### MONDAY
- **BREAKFAST**: POTATO & CHORIZO HASH, SAUTEED SPINACH
- **LUNCH**: GUAJILLO ADOBO FLANK, LENTIL STEW, GARLIC & OREGANO POTATOES, ZUCCHINI & EGGPLANT PASTOR TACOS (V)
- **DINNER**: BAKED COD, BAKED CHICKEN, TOMATO & OLIVE JAM TRI QUINOA, SAUTEED VEGETABLES, CHICKPEA PAELLA (V)

### TUESDAY
- **BREAKFAST**: FRESH FRUIT, BACON, QUINOA PARFAIT
- **LUNCH**: CHICKEN THIGH CACCIATORI, STEAMED RICE, BROCCOLI, ROASTED SWEET PEPPERS, MUSHROOM CACCIATORI (V)
- **DINNER**: GREEK CHICKEN, LEMON HERB FISH, POTOATO & LEEK, ROASTED CARROTS, LENTIL STEW & BASMATI RICE (V)

### WEDNESDAY
- **BREAKFAST**: MEXICAN BREAKFAST HASH
- **LUNCH**: MEDITARRANEAN TURKEY MINI LOAF, WILD RICE, MUSTARD SEED GREEN BEANS, CHICKPEA & VEGGIE SAUTE & WILD RICE (V)
- **DINNER**: ROASTED TURKEY, SWEET POTATO, ROASTED BRUSSEL SPROUTS, SWEET CORN, BAKED VEGAN PASTA

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**FOR A CONSULTATION WITH OUR DIETITIAN:**
Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu
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BACON & POTATO TACOS
WARM PEACH OATMEAL

TURKEY & AVOCADO SANDWICH
HAM & HONEY
ROASTED VEGGIES
FARM TO MARKET HOUSE MADE SOUP

BALSAMIC ROASTED PORK
BALSAMIC CHICKEN
CARROTS
ROASTED FENNEL
RATATOUILLE & STEAMED RICE (V)

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TCU Dining Services