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

FOR A CONSULTATION
WITH OUR DIETITIAN:
Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu

SATURDAY

Hot tea/Hot chocolate
Seasonal Fruit Salad
Vegetable soup

Avocado Toast W/Toppings
Toppings: Chopped Grilled
Chicken, Chopped Bacon, Diced
Lemon pepper tomatoes

SUNDAY

Assorted Pastries
Hot tea/Hot chocolate
Seasonal Fruit Salad
Vegetable soup
Roasted Pork Chops
Vegetable Medley
Grilled Asparagus
Yellow rice

DINNER

Vegetable Soup
Grilled Chicken
Oven Roasted vegetables
Steamed Rice
Sweet Corn
Sautéed Broccoli

Taco Night
Chicken or Fajita Vegetable tacos
Spanish Rice (V)
Black Beans (V)
Elote (V)
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BREAKFAST

MONDAY
HOT CHOCOLATE
SEASONAL FRUIT SALAD
OVERNIGHT OATS W/ TOPPINGS
SCRAMBLED EGG
BREAKFAST MEAT
BREAKFAST POTATOES

TUESDAY
SEASONAL FRUIT SALAD
BREAKFAST TACOS
SCRAMBLED EGG
TOPPINGS: GRILLED CHICKEN,
CHOPPED BACON, BREAKFAST
POTATOES, SALSAS

WEDNESDAY
SEASONAL FRUIT SALAD
OVERNIGHT OATS W/ TOPPINGS
SCRAMBLED EGG
BREAKFAST MEAT
BREAKFAST POTATOES

LUNCH

SEASONAL FRUIT SALAD
TOMATO SOUP(V)
GRILLED FLANK STEAK STRIPS
STEAMED RICE
BUTTERED CAULIFLOWER (V)
SAUTÉED GREEN BEANS

DINNER

PASTA NIGHT
SPAGHETTI AND MARINARA WITH
EITHER MEATBALLS OR JULIENNE
VEGETABLES
VEGETABLES SERVED WITH ASPARAGUS,

BAKED POTATO BAR
CUBED STEAK OR SAUTÉED
VEGETABLES
TOPPINGS:
BACON, FRESH VEGETABLES,
CILANTRO, PICO
SIDES:
BLACK BEANS AND BROCCOLI

PHO NIGHT
RICE NOODLES IN A BATH OF EITHER BONE
OR VEGETABLE BROTH. TOPPED WITH
SLOW ROASTED BRISKET, LIGHTLY FRIED
CHICKEN AND/OR AN ASSORTMENT OF
FRESH VEGETABLES THAT WILL EXCITE
AND ENTICE THE PALATE.

CAN YOU BELIEVE ITS ALLERGY FREE?
ENJOY PHO NIGHT!

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#### Breakfast

**Thursday**
- Seasonal Fruit Salad
- Toast
- Scrambled Egg
- Breakfast Meat
- Breakfast Potatoes

**Friday**
- Seasonal Fruit Salad
- Oatmeal w/ Toppings
- Scrambled Egg
- Breakfast Meat

#### Lunch

**Thursday**
- Carrot Soup
- Grilled Chicken
- Steamed Rice
- Vegetable Medley
- Roasted Brussels Sprouts

**Friday**
- Vegetable Soup
- Oven Flank Steak
- Sauteed Kale
- Mashed Sweet Potato
- Corn Succotash

#### Dinner

**Thursday**
- BBQ Night
- Ham, Chicken
- Pinto Beans (V)
- Cole Slaw
- Southern Cabbage
- Baked Potato
- Buttered Cobb(V)

**Friday**
- Rice Stuffed Bell Peppers
- Topped with Grilled Chicken or Fajita Veggies
- Veggies Veggies
- Steamed Broccoli
- Sweet Corn