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

BREAKFAST

MONGDAY
BUILD YOUR BREAKFAST BOWL
DICED POTATOES
SCRAMBLED EGGS
TOPPINGS; BACON, PICO, SALSA

TUESDAY
EGGS SCRAMBLED
BREAKFAST MEAT
OVERNIGHT OATS W/ BERRY
TOPPINGS
TOAST

WEDNESDAY
PANCAKES WITH STRAWBERRY SYRUP
SCRAMBLED EGGS
DICED POTATOES

LUNCH

POTATO SOUP
MASHED SWEET POTATOES
GRILLED PORK LOIN
STEAMED GREEN BEANS
SAUTEED SQUASH

POTATO SOUP
STEAMED RICE
OVEN ROASTED HONEY HAM
CAULIFLOWER
ROASTED GREEN BEANS

CHEF CHPOICE SOUP
STEAK STRIPS
STEAMED HERB RICE
CARROTS AND PEAS
BRUSSEL SPROUTS

DINNER

BBQ NIGHT
ANDOUILLE LINKS, BBQ CHICKEN
PINTO BEANS (V)
POTATO SALAD
SOUTHERN CABBAGE
BAKED POTATO
BUTTERED CORN ON THE COBB(V)
PICKLED RED ONIONS

STIR FRY NIGHT
STIR FRY RICE
SWEET AND SOUR CHICKEN
SAUTEED BROCCOLI
STIR FRY VEGETABLES

PASTA NIGHT
SPAGHETTI AND MEATBALLS
CREAMY PENNE
VEGETABLE MEDLEY
STEAMED BROCCOLI

FOR A CONSULTATION WITH OUR DIETITIAN:
Shelley Roaten MS, CSSD, LD
Registered Licensed Dietitian
s.roaten@tcu.edu
ALLERGY FREE KITCHEN - FREE OF
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THURSDAY

BREAKFAST
CHEF CHOICE

LUNCH
CHEF CHOICE

DINNER
CHEF CHOICE

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