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

BRUNCH

CREAMY SPINACH SOUP
OVEN ROASTED SALMON
STEAMED RICE
BROCCOLI AND CAULIFLOUR
SPINACH AND ONIONS

DIINNER

BAKED CHICKEN WITH A LEMON
AND HERB REDUCTION
HERB RICE
STEAMED BABY CARROTS
POWER GREENS (STEAMED
CARROTS, BROCCOLI AND KALE)

SATURDAY

SATURDAY

CREAMY SPINACH SOUP
OVEN ROASTED SALMON
STEAMED RICE
BROCCOLI AND CAULIFLOUR
SPINACH AND ONIONS

SUNDAY

SUNDAY

CREAMY SPINACH SOUP
GRILLED PORK CHOPS
BAKED POTATOES W/ BUTTER
ROASTED ASPARAGUS
STEAMED CAULIFLOUR

TACO NIGHT
CHOOSE BASE OF CORN TORTILLA OR LETTUCE
GRILLED CHICKEN OR BLACK BEANS
SPANISH RICE
SPANISH CORN
FAJITA VEG
TOPPINGS

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

MAGNOLIAS
ZERO

DINING SERVICES
## MONDAY
- **BREAKFAST**
  - Build Your Breakfast Bowl
  - Diced Potatoes
  - Scrambled Eggs
  - Toppings: Bacon, Pico, Salsa

- **LUNCH**
  - Loaded Potato Soup
  - Thin Sliced Ham
  - Steamed Rice
  - Lemon Pepper Peas
  - Spinach and Onions

- **DINNER**
  - Pasta Night
  - Spaghetti with Marinara
  - Meatballs
  - Sauteed Squash and Cherry Tomato
  - Coined Carrots
  - Oven Roasted Green Beans

## TUESDAY
- **BREAKFAST**
  - Eggs Scrambled
  - Breakfast Meat
  - Overnight Oats w/ Berry Toppings
  - Toast

- **LUNCH**
  - Loaded Potato Soup
  - Steamed Rice
  - Steak Strips
  - Roasted Broccolini
  - Buttered Corn

- **DINNER**
  - Honey BBQ Wings
  - Sweet Potato Fries
  - Fresh Cauliflower, Carrot Sticks and Celery Sticks
  - Grilled Cobb
  - Pasta Salad

## WEDNESDAY
- **BREAKFAST**
  - Eggs Scrambled
  - Breakfast Meat
  - Overnight Oats w/ Berry Toppings
  - Toast

- **LUNCH**
  - Roasted Vegetable Soup
  - Roasted Chicken Breast
  - Au Gratin Potatoes
  - Long Stem Carrots
  - Sauteed Kale and Onions

- **DINNER**
  - Ramen Noodle Night
  - Ramen Noodles
  - Beef and Broccoli
  - Bok Choy Stir Fry
  - Assortment of Sauces and Toppings

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# Allergy Free Kitchen - Free of
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## Breakfast
- Oatmeal
- Pancakes
- Breakfast Meat
- Toast
- Rolled Egg

## Lunch
- Roasted Vegetable Soup
- Grilled Chicken Strips
- Mashed Potatoes
- Spinach and Mushrooms
- Roasted Tomatoes and Squash

## Dinner
- BBQ Night
- Pulled Pork
- Pinto Beans (V)
- Potato Salad
- Southern Cabbage
- Baked Sweet Potatoes
- Pickled Onions

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TCU Dining Services