



ALLERGY FREE KITCHEN- FREE OF

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



MONDAY

BREAKFAST

OATMEAL WITH BERRIES ON THE
SIDE
BREAKFAST MEAT
TOAST
EGG PATTY

TUESDAY

BREAKFAST TACOS

OATMEAL WITH BERRIES ON THE
SIDE
2 CORN TORTILLAS
SCRAMBLED EGGS
BREAKFAST MEAT
SALSA AND PICO

BREAKFAST BOWL

OVEN ROASTED POTATOES
BREAKFAST MEAT
SCRAMBLED EGGS
MASHED AVOCADO, TOMATOES AND
BASIL

WEDNESDAY

OATMEAL WITH BERRIES ON THE
SIDE
BREAKFAST MEAT
TOAST
EGG PATTY

LUNCH

CHILE CORN CHOWDER
RICE STUFFED BELL PEPPERS
GROUND BEEF
FAJITA VEGGIES

CHILE CORN CHOWDER
GRILLED CHICKEN AND SAUTEED
PEPPERS W/ ENCHILADA SAUCE
ON THE SIDE
STEAMED RICE
ROASTED SPICY BRUSSELS

CHUNKY POTATO SOUP
GROUND BEEF MEATBALLS WITH
GRAVY
STEAMED RICE
SAUTEED CABBAGE AND ONIONS

FINGER FOOD LUNCH
CHUNKY POTATO SOUP
VEGGIE AND CHICKEN GRILLED
SHISH KABOB
STEAMED RICE
STEAMED BROCCOLI AND
CAULIFLOUR

DINNER

PASTA NIGHT
CREAMY PENNE ALFREDO
SLICED GRILLED CHICKEN
ZUCCHINI AND SQUASH SAUTEED WITH
GRAPE TOMATOES AND ONIONS
CORN MUFFINS

MEXICAN BAKED POTATO BAR
HALF REGULAR BAKED POTATOES
CHOPPED CHICKEN
ROASTED VEGGIES
BUTTER, SALSAS, PICO, AVOCADO,
LETTUCE

SAUTEED THIN SLICED CHICKEN IN
SWEET CHILI
RAMEN NOODLES
SAUTEED ONIONG AND BOK CHOY
FRESH CABBAGE SHRED, GREEN
ONIONS, CHILI OIL

BURGER NIGHT

GRILLED BEEF BURGERS
HOUSE CUT OVEN WEDGE FRIES
LETTUCE TOMATOES ONIONS
DIPPING SAUCES