



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



FRIDAY JAN 19TH

BREAKFAST

OATMEAL WITH BERRIES
TURKEY BACON
WHOLE-GRAIN TOAST
EGGLESS "EGG" PATTY

LUNCH

CHICKEN NOODLE SOUP
SLICED BRISKET
PLANTAIN PATTY
ROASTED POTATOES

DINNER

STICKY CHICKEN W/
TOMATOES
STEAMED HERB RICE
STICKY OYSTER MUSHROOMS
W/ TOMATOES
BRUSSELS SPROUTS



Dining Services



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SATURDAY JAN 20TH

LUNCH/BRUNCH

CREAMY CHICKEN NOODLE
GRILLED ROSEMARY CHICKEN
MASHED SWEET POTATOES
ROSEMARY OYSTER MUSHROOMS
GRILLED ASPARAGUS

DINNER

GRILLED CHICKEN
ARABIC CUCUMBER SALAD
SALAD MIX





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SUNDAY JAN 21ST

LUNCH/BRUNCH

**VEGGIE SOUP
LEMON PEPPER CHICKEN
ROASTED POTATOES
CABBAGE & ONIONS**

DINNER

TOSTADA NIGHT





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MONDAY JAN 22ND

BREAKFAST

OATMEAL W/ BERRIES
BREAKFAST SAUSAGE
TOAST
EGGLESS "EGG" PATTY

LUNCH

VEGGIE SOUP
SLICED BEEF SHAWARMA
YELLOW RICE
ROASTED CARROTS

DINNER

PASTA NIGHT





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TUESDAY JAN 23RD

BREAKFAST

BREAKFAST TACOS
OATMEAL W/ BERRIES
CORN TORTILLAS
SCRAMBLED "EGGS"
BREAKFAST SAUSAGE
SALSA AND PICO

LUNCH

FIREHOUSE CHILI
BAKED POTATO
GROUND QUINOA
ONIONS & PEPPERS

DINNER

CHICKEN ENCHILADAS
STEAMED WHITE RICE
THREE BEAN ENCHILADAS
ROASTED CHILI BRUSSELS
SPROUTS



Dining Services



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WEDNESDAY JANUARY 24TH

BREAKFAST

OATMEAL
FRESH BERRIES
CHOCOLATE CHIPS
AVOCADO TOAST WITH
CHICKEN

LUNCH

CABBAGE & BEAN SOUP
BRAISED BEEF TIPS
STEAMED WHITE RICE
LENTIL BALLS
MUSHROOM GRAVY

DINNER

RAMEN NIGHT



Dining Services



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THURSDAY JANUARY 25TH



BREAKFAST

OATMEAL W/ BERRIES
BREAKFAST SAUSAGE
TOAST
EGGLESS "EGG" PATTY

LUNCH

SEDONA CORN SOUP
BAKED SWEET POTATO
ITALIAN CHICKEN
BROCCOLI & PEPPERS
CAJUN JACKFRUIT

DINNER

BEEF BULGOGI
GRILLED ZUCHINI
STEAMED RICE
HERBED POTATO SKEWERS

