

**MAGNOLIAS
ZERO**



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



FRIDAY APRIL 26TH



BREAKFAST

OATMEAL WITH BERRIES
PANCAKES
EGGLESS "EGG" PATTY
TURKEY BACON

LUNCH

BBQ BRISKET
BAKED BEANS
GREEN BEANS
RED ONIONS
COLESLAW
PICKLES

DINNER

ITALIAN MEATLOAF
BLACK BEAN & CHICKPEA
LOAF
SAUTEED ASPARAGUS
ROASTED GARLIC MASHED
POTATOES





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SATURDAY APRIL 27TH

BRUNCH/LUNCH

**BROCCOLI SOUP
JERK BEEF BRISKET
TWICE FRIED PLANTAIN PATTY
STEAMED BROCCOLI, CARROTS
& CAULIFLOWER**

DINNER

**CORNMEAL FRIED CHICKEN
MASALA OKRA
VEGAN POTATO SALAD**





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SUNDAY APRIL 28TH

LUNCH/BRUNCH

**SOUTHERN FRIED CHICKEN
CANDIED SWEET POTATOES
SAUTEED KALE & SPINACH**

DINNER

TACO NIGHT
**HALAL BEEF TACO MEAT
BLACK BEANS & RICE
FRIED TORTILLA CHIPS
PICO DE GALLO
FRESH GUACAMOLE
FRESH SALSA**



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MONDAY APRIL 29TH

BREAKFAST

OATMEAL W/ BERRIES
BACON
EGGLESS "EGG" PATTY
TOAST

LUNCH

CHICKEN TORTILLA SOUP
GARLIC ROASTED GREEN BEANS
BUTTER CHICKEN
JASMINE RICE

DINNER

PASTA NIGHT
BOLOGNESE SAUCE
LENTIL MARINARA SAUCE
PASTA
STEAMED BROCCOLI



Dining Services



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TUESDAY APRIL 30TH

BREAKFAST

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

LUNCH

CHICKEN TORTILLA SOUP
BEEF & RICE STUFFED PEPPER
BAJA BEAN & RICE STUFFED
PEPPERS
HERB ROASTED CARROTS

DINNER

JAMAICAN JERK CHICKEN
SPICE ROASTED CHICKPEAS
CARROTS
CAFE RED BLISS POTATOES



Dining Services



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WEDNESDAY MAY 1ST



BREAKFAST

OATMEAL W/ BERRIES
BREAKFAST BOWL
SCRAMBLED "EGGS"
TURKEY SAUSAGE
AVOCADO
PICO DE GALLO

LUNCH

THAI CURRY POTATO SOUP
CHICKEN MARSALA
STEAMED WHITE RICE
CHICKPEA PATTY W/
MUSHROOM GRAVY
FRENCH CUT GREEN BEANS

DINNER

ASIAN SHREDDED FLANK
STEAK
THIN RICE NOODLES
PHO STYLE BEEF BROTH
VEGETABLE PHO NOODLE
BOWL
GREEN LENTILS
SAUTEED BOK CHOY





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THURSDAY MAY 2ND

BREAKFAST

OATMEAL W/ BERRIES
TURKEY BACON
TOAST
EGGLESS "EGG" PATTY

LUNCH

AUTUMN VEGETABLE SOUP
ROASTED HERB CHICKEN THIGH
CAJUN ROASTED SWEET POTATOES
FRESH ZUCCHINI

DINNER

HALAL FRESH BURGER
GRILLED PORTOBELLO
MUSHROOMS
GRILLED PEPPERS
OVEN ROASTED GREEK POTATO
WEDGES
BLACK BEAN & CHICKPEA
BURGER

