

Special Diet Kitchen Sample Menu 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Scrambled eggs Hash browns Bacon	Cinnamon french toast Fried egg Blueberry compote Home fries Bacon	Breakfast quesadilla Potato rounds Sausage links	Pancakes Scrambled eggs Pancakes Canadian bacon Potatoes	Fried egg Hash browns Bacon		
LUNCH			BRUNCH			
BBQ chicken thighs Lemon herb chicken Rice Asparagus Sweet quinoa spinach salad Cinnamon rolls	Chicken strips Coleslaw Sautéed squash and zucchini Sweet potato fries	Fried rice Beef broccoli stir-fry Chicken sesame Brown rice Green beans Banana muffins	Harissa-spiced flank steak Moroccan spiced chicken thigh Wild rice pilaf Roasted cauliflower Cranberry chocolate oatmeal cookie	Chicken cajun Broccoli Red pepper and cumin brown rice Grilled pork chop Potato wedges	MTO omelet Chicken picatta Rice	Egg and bacon casserole Home fries Bacon Chocolate cupcake
DINNER						
Lasagna Turkey roasted with herbs Broccoli Rice Asparagus Cinnamon rolls	Ribs Mexican corn Baked beans Wild rice pilaf Beef vegetable soup	Herbed flank steak Sautéed squash and zucchini Broccoli Rice Banana Muffins	Macaroni & cheese Macaroni & cheese Roast beef potatoes and carrots Green beans Cranberry chocolate oatmeal cookies	Garlic bread Grilled chicken breast Penne Italian marinara Italian mixed veggies	Hamburger bun White bread Sloppy joe meat Peas and carrots	Meatloaf Rice Roasted carrots Roasted cauliflower Chocolate cupcake

* Available Daily at Breakfast: Hot Oatmeal with Toppings, Bagels, Seed Butters, & Cream Cheese (non-dairy)

* Available Daily at Lunch & Dinner: Hummus & Salad Bar with Assorted Dressings

* Fresh fruit is available daily

Key: Blue -Top 8 Allergen Free [Dairy, Eggs, Fish, Shellfish, Tree Nuts, Wheat, Peanuts, Soybean]

Red - Gluten Free and Nut/Peanut Free, but may contain dairy/eggs/soy/fish – please check the label