

## Special Diet Kitchen Sample Menu 2



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>						
Fried egg Biscuits Sausage gravy	Sausage breakfast pizza Potato rounds Baked bacon	Breakfast quesadilla Home fries Baked bacon	Scrambled eggs Hash browns Sausage links	Orange french toast Blackberry compote Hash browns Sausage patties		
<b>LUNCH</b>			<b>BRUNCH</b>			
Teriyaki salmon Fried rice Honey mustard chicken Roasted carrots Snap peas Wild rice pilaf  Yellow cake w/ vanilla frosting	Brown rice tortilla Sliced mozzarella Fajita chicken Taco beef Peppers and onions Shredded mozzarella cheese Sliced mushrooms Jalapenos Brown rice	Alfredo sauce Pesto Spaghetti noodles Parmesan cheese Garlic bread Chicken breast Penne Marinara Snap peas  Chicken tortilla soup	Hamburger bun Hamburger Black bean quinoa burger Tomatoes Onions Lettuce Pickles Sweet potato fries Sliced cheddar cheese  Coconut curry chicken soup	Ribs Crispy chicken Red mashed potatoes Wild rice pilaf Butternut squash  Chocolate brownie	Baked eggs over sweet potatoes Soy ginger chicken thighs Rice Sweet quinoa spinach salad  Banana muffins	Blueberry pancake Blueberry compote Honey rosemary chicken Roasted cauliflower Herb roasted potatoes  Chicken noodle soup
<b>DINNER</b>						
Pork chili verde Green beans Butternut squash Brussel sprouts  Yellow cake w/ vanilla frosting	Hamburger bun Pork tenderloin Firecracker sauce Potato wedges Rice Roasted cauliflower Pickles Tomatoes Onions	Beef kabobs Turmeric rice Corn Green beans Chickpea salad  Chicken tortilla soup	Hot dog bun Bratwurst Chicken breast Roasted fall vegetables Baked beans Broccoli buds  Coconut curry chicken soup	Cheese pizza Sausage pizza Vegetable pizza Cheese pizza Sausage pizza Vegetable pizza Broccoli buds  Chocolate brownie	Pork wings Roasted carrots Roasted cauliflower Mashed sweet potatoes  Banana muffins	Herb-rubbed beef Balsamic brussel sprouts Baked potato  Chicken noodle soup

\* 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**