

February 2020

Home Delivered Allergy Menu




Suggested Contribution

\$4.00 per meal

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Broccoli Cheese Egg Bake</b> - Egg, Milk Stewed Tomatoes <b>Crispy Cubed Potatoes</b> - Soy <b>Whole Wheat Bread</b> - Wheat Applesauce	<b>4</b> <b>Chicken Gumbo</b> - Soy Brown Rice California Vegetable Blend <b>Cornbread</b> - Soy, Wheat, Milk, Egg Fresh Banana	<b>5</b> <b>Taco Meat</b> - Wheat <b>Shredded Cheese</b> - Milk Lettuce and Tomato <b>Pinto Beans</b> - Soy <b>Fiesta Vegetable Blend</b> - Soy <b>Whole Wheat Tortilla</b> - Wheat Peaches/Pineapple/Pears	<b>6</b> Beef Spaghetti Sauce <b>Spaghetti Noodles</b> - Wheat, Soy Tossed Spinach Salad <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat <b>Cherry Crumble</b> - Soy, Wheat, Mil <b>Salad Dressing</b> - Egg, Milk, Soy	<b>7</b> <b>Lemon Pepper Fish</b> - Fish, Wheat, Soy <b>Rice Pilaf</b> - Soy Rosemary Carrots <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Tropical Fruit
<b>10</b> <b>Cheese Omelet</b> - Egg, Milk Shredded Cheese - Milk Paprika Diced Potatoes <b>Garden Vegetables</b> Soy <b>Whole Wheat Bread</b> - Wheat Cinnamon Applesauce	<b>11</b> Cuban Shredded Pork Hawaiian Baked Beans <b>Coleslaw</b> - Soy, Egg <b>Whole Wheat Hamburger Bun</b> - Wheat <b>Cranapple Crisp</b> - Soy	<b>12</b> <b>Asian Chicken Salad</b> - Wheat, Soy <b>Whole Grain Saltine Crackers</b> - Wheat Mandarin Oranges	<b>13</b> Sliced Turkey Breast <b>Dijon Cream Sauce</b> - Milk <b>Roasted Sweet Potatoes</b> - Soy Brussels Sprouts <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Tropical Fruit	<b>14</b> <b>Stuffed Salmon with Dill Sauce</b> - Fish, Wheat, Soy, Milk <b>Dill Sauce</b> - soy, wheat <b>Garlic Whipped Potatoes</b> - Soy Tuscany Vegetable Blend <b>Whole Wheat Bread</b> - Wheat Glazed Fruit
<b>17</b> <b>Closed President's Day</b>	<b>18</b> <b>Chicken Pot Pie</b> - Soy, Wheat, Milk <b>Parslied Rice</b> - Soy <b>Roasted Sweet Potatoes</b> - Soy <b>Whole Grain Roll</b> - Wheat Citrus Fruit	<b>19</b> <b>Chicken Tortilla Soup</b> - Soy California Vegetable Blend Mixed Green Salad <b>Cornbread</b> - Soy, Wheat, Milk, Egg <b>Hot Diced Pears</b> - Soy <b>Salad Dressing</b> - Egg, Milk, Soy	<b>20</b> Thai Chili Shredded Pork Jasmine Rice <b>Seasoned Green Beans</b> - Soy <b>Whole Wheat Bread</b> - Wheat Fresh Banana	<b>21</b> <b>Chicken Fettucine Alfredo</b> - Milk, Wheat Baby Carrots Herbed Green Beans <b>Whole Grain Garlic Breadsticks</b> - Milk, Soy, Wheat Fresh Citrus Fruit <b>Strawberry Swirl Pudding</b> - Milk
<b>24</b> <b>Spinach Lasagna</b> - Soy, Wheat, Milk, Egg <b>Broccoli</b> - Soy Mixed Vegetables <b>Multi-Grain Bread</b> - Wheat, Milk, Fresh Apple	<b>25</b> <b>Sesame Mustard Pork</b> - Soy <b>Rice Florentine</b> - Soy Japanese Vegetable Blend <b>Whole Grain Roll</b> - Soy Fresh Banana	<b>26</b> <b>Chef Salad</b> - Egg, Milk <b>Whole Grain Saltine Crackers</b> - Wheat Diced Peaches <b>Chocolate Chip Cookie</b> - Egg, Milk, Soy, Wheat <b>Salad Dressing</b> - Egg, Milk, Soy	<b>27</b> <b>Hamburger Patty</b> - Soy Lettuce and Tomato <b>Tater Tots</b> - Soy <b>Ranch Beans</b> - Soy <b>Whole Wheat Hamburger Bun</b> - Wheat Citrus Fruit	<b>28</b> <b>Tuna Tetrazzini</b> - Fish, Milk. Wheat, Soy Brussels Sprouts Roasted Baby Carrots - Soy <b>Multi-Grain Bread</b> - Wheat, Milk, Soy Cranapplesauce

Milk is served with all meals. Allergen in milk is milk. Margarine is served with most meals. Allergens in margarine are milk and soy.

 Indicates Menu with ≥ 1,000 mg sodium