



## May Allergen Aware Menu

**Delivering health one meal at a time!**  
*Meals are served with a variety of fresh fruit at each meal.  
 Options may vary based on food allergies.*

*Please be aware, that while we strive to prepare fresh, safe and nutritious meals for individuals with food allergies, we are a large scale food service operator and we do have a variety of foods containing gluten, fish, shellfish, egg, milk and soybean on premise. Please contact City Fresh Foods for further questions on meal preparation.*

Monday	Tuesday	Wednesday	Thursday	Friday
				No Meals Served Volunteer Appreciation Day
Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken, Broccoli, Fruit	Gluten Free Crispy Chicken Sandwich, Gluten Free Bun, Sweet Potatoes, Fruit	Falafel Bites, Brown Rice, Zucchini Squash, Fruit	Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese, Corn Tortilla Chips, Fruit	Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit
4	5	6	7	8
Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit	Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit	Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit	Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Carrots, Fruit
11	12	13	14	15
Dairy Free Chicken Alfredo, Gluten Free Pasta, Broccoli, Fruit	Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla, Black Beans, Fruit	Chicken Taco "Casserole", Quinoa, Corn & Peppers, Fruit	Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit	Sweet & Sour Turkey Meatballs, Brown Rice, Zucchini Squash, Fruit
18	19	20	21	22
<b>Holiday - No Meals</b>	American Chop Suey with Gluten Free Pasta (Turkey), Carrots, Fruit	Chicken Fajitas w/ Peppers, Onions & Dairy-Free Cheese, Corn Tortilla, Corn, Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits, Black Beans, Fruit	Pulled Honey Jerk Chicken Sandwich, Gluten Free Bun, Brussel Sprouts, Fruit
25	26	27	28	29