

# February Allergen-Free Menu 2015

*Gluten, Dairy, Egg, and Soy-Free*

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK ONE</b>	<b>2</b> Rice with Turkey Meat Sauce Green Beans Varietal Apples	<b>3</b> Chicken with Rice Broccoli Mixed Berries	<b>4</b> Turkey Casserole with Cabbage and Zucchini Corn Tortilla Applesauce	<b>5</b> Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges	<b>6</b> Beef Slider on Corn Tortilla w/ Lettuce, Tomato, and Ketchup Roasted Potatoes Mixed Berries
<b>WEEK TWO</b>	<b>9</b> Rice, Butternut Squash, and Black Beans Peas and Carrots Varietal Apples	<b>10</b> Soy-Free Veggie Fried Rice with Kidney Beans, Carrots, Baby Bok Choy, Celery and Onions Bananas	<b>11</b> BBQ Chicken Corn Tortilla Corn Pears	<b>12</b> Veggie Lasagna with Corn Tortillas, Tomato Sauce, White Beans, & Pureed Mushrooms Mixed Green Salad with Sweet Mustard Dressing Mixed Berries	<b>13</b> Confetti Meatloaf Corn Tortilla Mashed Root Vegetables Cranberry Sauce with Mandarin Oranges
<b>WEEK THREE</b>	<b>16</b> Mild Vegetarian Chili with Pinto Beans, Carrots, Tomatoes, Corn, Onions, and Quinoa. Corn Tortillas Varietal Apples	<b>17</b> Chicken & Rice w/ Non-Dairy Cauliflower Puree Mixed Green Salad with Sweet Mustard Dressing Oranges	<b>18</b> Turkey Sloppy Joe With Corn Tortilla Carrot Sticks Banana	<b>19</b> Veggie Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Corn Tortilla Cabbage & Carrot Coleslaw with Vinaigrette Applesauce	<b>20</b> Green Rice with Broccoli Pesto, White Beans, and Seasonal Greens Maple Roasted Parsnips Pear Compote
<b>WEEK FOUR</b>	<b>23</b> Sweet & Sour Chicken with Baby Bok Choy, Onions, Celery and Carrots Rice Varietal Apples	<b>24</b> Sneaky Veggie Pizza on Corn Tortillas with Tomato Sauce and Chopped Greens Mixed Green Salad with Sweet Mustard Dressing Bananas	<b>25</b> Cuban Chicken Wrap on Corn Tortilla Carrot Sticks Pears	<b>26</b> Rice, Butternut Squash, and Black Beans Peas and Carrots Applesauce	<b>27</b> Hearty Beef Stew with Potatoes, Carrots, and Onions Corn Tortilla Oranges

*FareStart's Contract Kitchen is a nut-free facility. Our menu changes seasonally and focuses on fresh, seasonal produce (sourced locally as much as possible).*



**FARESTART**

*Great Food. Better Lives.*