

January Allergen-Free Menu 2015

Gluten, Dairy, Egg, and Soy-Free

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE				1 HAPPY NEW YEAR CLOSED FOR HOLIDAY HAPPY NEW YEAR	2 Hearty Beef Stew with Potatoes, Carrots, and Onions Corn Tortilla Oranges
WEEK TWO	5 Rice with Turkey Meat Sauce Green Beans Varietal Apples	6 Chicken with Rice Broccoli Mixed Berries	7 Turkey Casserole with Cabbage and Zucchini Corn Tortilla Applesauce	8 Hand-Rolled Bean and Rice Burrito on Corn Tortilla w/ Mild Salsa Corn Oranges	9 Beef Slider on Corn Tortilla w/ Lettuce, Tomato, and Ketchup Roasted Potatoes Mixed Berries
WEEK THREE	12 Rice, Butternut Squash, and Black Beans Peas and Carrots Varietal Apples	13 Soy-Free Veggie Fried Rice with Kidney Beans, Carrots, Baby Bok Choy, Celery and Onions Bananas	14 BBQ Chicken Corn Tortilla Corn Pears	15 Veggie Lasagna with Corn Tortillas, Tomato Sauce, White Beans, & Pureed Mushrooms Mixed Green Salad with Sweet Mustard Dressing Mixed Berries	16 Confetti Meatloaf Corn Tortilla Mashed Root Vegetables Cranberry Sauce with Mandarin Oranges
WEEK FOUR	19 CLOSED FOR MLK JR. HOLIDAY	20 Chicken & Rice w/ Non-Dairy Cauliflower Puree Mixed Green Salad with Sweet Mustard Dressing Oranges	21 Turkey Sloppy Joe With Corn Tortilla Carrot Sticks Banana	22 Veggie Quesadilla with Pureed Sweet Potatoes, Black Beans, and Mild Salsa on Corn Tortilla Cabbage & Carrot Coleslaw with Vinaigrette Applesauce	23 Green Rice with Broccoli Pesto, White Beans, and Seasonal Greens Maple Roasted Parsnips Pear Compote
WEEK FIVE	26 Sweet & Sour Chicken with Baby Bok Choy, Onions, Celery and Carrots Rice Varietal Apples	27 Sneaky Veggie Pizza on Corn Tortillas with Tomato Sauce and Chopped Greens Mixed Green Salad with Sweet Mustard Dressing Bananas	28 Cuban Chicken Wrap on Corn Tortilla Carrot Sticks Pears	29 Rice, Butternut Squash, and Black Beans Peas and Carrots Applesauce	30 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).

