

Kitchen Of Opportunity Frozen Menu Selections

March 1 to June 12 2020

CHICKEN/TURKEY
GLUTEN/DAIRY FREE (WITHOUT THE DINNER ROLL & BUTTER)
Rosemary Chicken Roasted Potatoes Sweet Peas Dinner Roll & Butter Warm Diced Peaches
BBQ Chicken Drumsticks Roasted Sweet Potatoes Collard Greens Fruit Cup Dinner Roll
Roast Turkey Dinner Gravy Green Beans Stuffing Fruit Cup Cookie
GLUTEN/DAIRY FREE (WITHOUT DINNER ROLL WITH BUTTER)
Jamaican Chicken Mashed Sweet Potatoes Okra and Tomatoes Dinner Roll with Butter Fruit Cup
Turkey Tetrazzini Egg Noodles Broccoli Fruit Cup Cookie
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese on English Muffin Fruit Cup Peppers & Onions Baked Apples

BEEF
DAIRY FREE (WITHOUT COOKIE)
Salisbury Steak Egg Noodles Mushroom Gravy Carrots Apple Sauce Cookie
BEEF POT ROAST Peas & Carrots Mashed Potato & Gravy Strawberry Apple Sauce Dinner Roll
BEEF SLOPPY JOE Mashed Potato Carrots Wheat Bun Fruit cup
Chili Macaroni Casserole Baked Apples Green Beans Cookie

ASIAN
GLUTEN/DAIRY FREE (WITHOUT COOKIE)
Pork Stir Fry Brown Rice Baked Apples Cookie Vegetable Blend
GLUTEN/DAIRY FREE (WITHOUT PUDDING)
Orange Chicken Brown Rice Broccoli Pudding Cup
GLUTEN FREE/DAIRY FREE
Vegetable Sweet and Sour Brown Rice Baked Pears Fortune Cookie

All Dairy Free meals are served without milk.
PORK
DAIRY FREE (WITHOUT DINNER ROLL/BUTTER & COOKIE)
Herb Roasted Pork Loin Mashed Sweet Potatoes & Gravy Lima Beans Dinner Roll Cookie
GLUTEN/DAIRY FREE (WITHOUT COOKIE)
Latin Inspired Pork Red Beans and Rice Corn Fruit Cup Cookie
GLUTEN/DAIRY FREE (WITHOUT DINNER ROLL WITH BUTTER)
Baked Ham Mandarin Puree Sauce Baked Potato Brussel Sprouts Fruit Cup Dinner Roll & butter

FISH / SEAFOOD
Tuna Melt on Toast with Cheddar Peas Carrots Muffin
Parmesan Fish Brown Rice Pilaf California Vegetables Fruit Cup Cookie
Baked Fish with Dill Sauce Egg Noodles Assorted Vegetables Baby Carrots Cookie
Tuna Casserole Whole Wheat Egg Noodle Broccoli Applesauce Cookie

***Note: if you are requesting gluten free, dairy free, or renal frozen entrees, the sides including desserts, fruit, or beverages may be altered to meet these specific dietary needs.**

VEGETARIAN
Baked Rotini Pasta Braised Greens Vegetable Blend Fruit Cup
EGG & CHEESE STRATA
California Blend Vegetables Wheat English Muffin Pudding Cup
Eggplant Parmesan Whole Wheat Spaghetti Marinara Sauce Baked Apples Muffin
VEGETARIAN ALFREDO
Whole Wheat Penne Green Beans Cookie
GLUTEN FREE (WITHOUT ENGLISH MUFFIN)
BREAKFAST HASH Cheesy Eggs Baked Pears Wheat English Muffin

***Note: We are not an allergen or gluten free facility, cross contamination is a possibility.**

LATIN-inspired
Cuban Beef Black Beans and Rice Assorted Vegetables Bread Pudding Fruit Cup
GLUTEN/DAIRY FREE (WITHOUT COOKIE)
Latin Inspired Pork Red Beans and Rice Corn Fruit Cup Cookie
GLUTEN/DAIRY FREE (WITHOUT MUFFIN)
Southwest Turkey Bowl Spanish Rice Corn and Black Bean Salsa Vegetable Blend Muffin Fruit Cup
GLUTEN/DAIRY FREE (WITHOUT DINNER ROLL WITH BUTTER)
Jamaican Chicken Mashed Sweet Potatoes Okra and Tomatoes Dinner Roll with Butter Fruit Cup
Enchilada Bake with Chicken California Vegetable Blend Corn and Peppers Fruit Cup Muffin
GLUTEN/DAIRY FREE (WITHOUT COOKIE)
Cilantro Lime Chicken Spanish Rice Assorted Vegetables Fruit Cup Cookie
Beef Quesadilla Spanish Rice Peppers & Onions Apple Sauce Cookie