

Kitchen Of Opportunity Frozen Menu Selections

June 15 to Sept 25 2020

CHICKEN/TURKEY
ENTRÉE IS GF/DF
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
ENTRÉE IS GF/DF
Jamaican Chicken Mashed Sweet Potatoes Brussels Sprouts Dinner Roll with Butter Fruit Cup
Turkey Tetrizzini Egg Noodles Broccoli Pears Cookie
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese on English Muffin Fruit Cocktail Peppers & Onions Baked Apples

BEEF
ENTRÉE IS DAIRY FREE
Salisbury Steak Egg Noodles Mushroom Gravy Carrots Apple Sauce Cookie
BEEF POT ROAST Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll
BEEF SLOPPY JOE Mashed Potato Carrots Wheat Bun Fruit cup
Chili Macaroni Casserole Baked Apples Green Beans Cookie

ASIAN
ENTRÉE DAIRY FREE
Sesame Noodles and Pork Whole Wheat Noodles Baked Apples Pudding Cup
ENTRÉE IS GF/DF
Orange Chicken Brown Rice Broccoli Pudding Cup
ENTRÉE GF/DF
Vegetable Sweet and Sour Brown Rice Baked Pears Fortune Cookie

All Dairy Free and renal meals are served without milk.
PORK
ENTRÉE IS DAIRY FREE
Herb Roasted Pork Loin Mashed Sweet Potatoes & Gravy Lima Beans Dinner Roll Cookie
ENTRÉE IS GF/DF
Latin Inspired Pork Red Beans and Rice Corn Fruit Cup Cookie
Cheesy Ham & Broccoli Casserole Scandinavian Vegetables Applesauce Muffin

FISH / SEAFOOD
ENTRÉE IS GF/DF
Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie Apple Sauce
Parmesan Fish Brown Rice Pilaf California Vegetables Baby Carrots 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 Italian Spinach 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 Rotini Green Beans Cookie
ENTRÉE IS GLUTEN FREE
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
ENTRÉE IS GF/DF
Latin Inspired Pork Red Beans and Rice Corn Fruit Cup Cookie
ENTRÉE IS GF/DF
Southwest Turkey Bowl Spanish Rice Corn and Black Bean Salsa Vegetable Blend Muffin Fruit Cup
ENTRÉE IS GF/DF
Jamaican Chicken Mashed Sweet Potatoes Brussels Sprouts Dinner Roll with Butter Fruit Cup
Enchilada Bake with Chicken California Vegetable Blend Corn and Peppers Muffin
ENTRÉE IS DAIRY FREE
Chicken Fajita Spanish Rice Baked Pears Whole Wheat Tortilla Cookie and salsa packet
Beef Quesadilla Spanish Rice Peppers & Onions Apple Sauce Cookie