

# Kitchen Of Opportunity Frozen Menu Selections

Sept 28 to December 11, 2020

**\*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.**

CHICKEN/TURKEY	BEEF	ASIAN	VEGETARIAN	LATIN-inspired
<b>GLUTEN/DAIRY FREE (WITHOUT THE DINNER ROLL &amp; BUTTER)</b>	<b>DAIRY FREE (WITHOUT COOKIE)</b>	<b>DAIRY FREE (WITHOUT PUDDING CUP)</b>	<b>Egg and Cheese Strata</b>	<b>Cuban Beef</b>
<b>Rosemary Chicken</b> Roasted Potatoes Sweet Peas Dinner Roll & Butter Warm Diced Peaches	<b>Salisbury Steak</b> Egg Noodles Mushroom Gravy Carrots Apple Sauce	<b>Sesame Noodles and Pork</b> Whole Wheat Noodles Baked Apples Pudding Cup	<b>Apple Sauce</b> <b>Pudding</b> <b>English Muffin and Butter</b>	Black Beans and Rice Assorted Vegetables Bread Pudding Fruit Cup
<b>BBQ Chicken Drumsticks</b> Roasted Sweet Potatoes Collard Greens Fruit Cup Dinner Roll	Cookie	<b>Orange Chicken</b> Brown Rice Broccoli Pudding Cup	<b>Baked Rotini Pasta</b> Italian Spinach Vegetable Blend Cookie Fruit Cup	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b> <b>Latin Inspired Pork</b> Black Beans and Rice Corn Fruit Cup Cookie
<b>Roast Turkey Dinner</b> Gravy Green Beans Stuffing Fruit Cup Cookie	<b>BEEF POT ROAST</b> Peas & Carrots Mashed Potato & Gravy Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b> <b>Vegetable Sweet and Sour</b> Brown Rice Baked Pears Fortune Cookie	<b>GLUTEN FREE (WITHOUT ENGLISH MUFFIN)</b> <b>BREAKFAST HASH</b> Cheesy Eggs Baked Pears Wheat English Muffin	<b>GLUTEN/DAIRY FREE</b> <b>Southwest Turkey Bowl</b> Spanish Rice Corn and Black Bean Salsa Vegetable Blend Fruit Cup
<b>Turkey Tetrizzini</b> Egg Noodles Broccoli Baked Apples Cookie	<b>BEEF SLOPPY JOE</b> Mashed Potato Carrots Wheat Bun Fruit cup	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b> <b>Ginger Soy Fish</b> Brown Rice Asian Vegetable Blend Cookie Apple Sauce	<b>PORK</b> <b>DAIRY FREE (WITHOUT DINNER ROLL/BUTTER &amp; COOKIE)</b> <b>Herb Roasted Pork Loin</b> Mashed Sweet Potatoes & Gravy Zucchini Dinner Roll Cookie	<b>Enchilada Bake with Chicken</b> California Vegetable Blend Corn and Peppers Cookie
<b>Breakfast Sandwich</b> Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Peppers and Onions Baked Apples Fruit Cup	<b>Chili Macaroni Casserole</b> Baked Apples Green Beans Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b> <b>Chicken Stir Fry</b> Brown Rice Asian Vegetable Blend Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b> <b>Latin Inspired Pork</b> Black Beans and Rice Corn Fruit Cup Cookie	<b>DAIRY FREE</b> <b>Chicken Fajita</b> Spanish Rice Baked Pears Whole Wheat Tortilla Salsa Packet
<b>*Note: We are not an allergen or gluten free facility, cross contamination is a possibility.</b>	<b>FISH / SEAFOOD</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>Beef Quesadilla</b> Spanish Rice Peppers & Onions Apple Sauce Cookie
	<b>Parmesan Fish</b> Brown Rice Pilaf California Vegetables Baby Carrots Cookie	<b>Hmong Sweet Pork</b> braised in sweet soy sauce Brown Rice Broccoli Apple Sauce Fortune Cookie	<b>Cheesy Ham &amp; Broccoli Casserole</b> Scandanavian Vegetables Cookie	<b>Baked Rotini Pasta</b> Pork Italian Sausage and Tomato sauce Italian Veg Blend & Seasoned Spinach Mandarin Oranges Cookie
<b>All Dairy Free meals are served without milk.</b>	<b>Baked Fish with Dill Sauce</b> Egg Noodles Assorted Vegetables Baby Carrots Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT DESSERT)</b> <b>Vietnamese Style Chicken</b> in ginger lime marinade brown rice green beans Apple Sauce Dessert		
	<b>Tuna Melt</b> Wheat Bread Peas & Carrots Cookie			