

Kitchen Of Opportunity Frozen Menu Selections

December 14, 2020 to April 2, 2021

***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
GLUTEN/DAIRY FREE (WITHOUT THE DINNER ROLL & BUTTER)	DAIRY FREE (WITHOUT COOKIE)	DAIRY FREE (WITHOUT PUDDING CUP)	GLUTEN FREE	GLUTEN/DAIRY FREE
Rosemary Chicken Roasted Potatoes Beets Dinner Roll & Butter Warm Diced Peaches	Salisbury Steak Egg Noodles Mushroom Gravy Carrots Apple Sauce	Sesame Noodles and Pork Whole Wheat Noodles Baked Apples Pudding Cup	Peanut Butter Blueberry Oatmeal Scrambled Eggs Fruit Cup Pudding	Cuban Beef Black Beans and Rice Assorted Vegetables Baked Apples Fruit Cup
GLUTEN/DAIRY FREE (WITHOUT THE CORN MUFFIN)	Cookie	GLUTEN/DAIRY FREE (WITHOUT PUDDING)	Veggie Strata	GLUTEN/DAIRY FREE (WITHOUT COOKIE)
BBQ Chicken Drumsticks Roasted Sweet Potatoes Collard Greens Fruit Cup Corn Muffin	BEEF POT ROAST Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll	Orange Chicken Brown Rice Broccoli Pudding Cup	Apple Sauce English Muffin	Latin Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie
Roast Turkey Dinner Gravy Green Beans Stuffing Fruit Cup Cookie	BEEF SLOPPY JOE Mashed Potato Carrots Wheat Bun Fruit cup	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Vegetable Sweet and Sour Brown Rice Baked Pears Fortune Cookie	Baked Rotini Pasta Italian Spinach Vegetable Blend Cookie	GLUTEN/DAIRY FREE Southwest Turkey Bowl Spanish Rice Corn and Black Bean Salsa Vegetable Blend Fruit Cup
Turkey Tetrazzini Egg Noodles Broccoli Baked Apples Cookie	Chili Macaroni Casserole Baked Apples Green Beans Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie	GLUTEN FREE (WITHOUT ENGLISH MUFFIN) BREAKFAST HASH Cheesy Eggs Baked Pears Wheat English Muffin	GLUTEN FREE
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Peppers and Onions Baked Apples Fruit Cup	Beef Chili Sliced Carrots Corn Muffin Apple Sauce	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Sweet and Sour Chicken Brown Rice Asian Vegetable Blend Cookie	PORK DAIRY FREE (WITHOUT DINNER ROLL/BUTTER & COOKIE) Herb Roasted Pork Loin Mashed Sweet Potatoes & Gravy Zucchini Dinner Roll Cookie	Enchilada Bake with Chicken California Vegetable Blend Corn and Peppers Cookie
Honey Mustard Chicken Roasted Potatoes Green Beans Fruit Cup Roll Cookie	FISH / SEAFOOD	GLUTEN/DAIRY FREE (WITHOUT COOKIE) DAIRY FREE	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Latin Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie	DAIRY FREE Chicken Fajita Spanish Rice Baked Pears Whole Wheat Tortilla Salsa Packet
*Note: We are not an allergen or gluten free facility, cross contamination is a possibility.	Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie Apple Sauce	Hmong Sweet Pork braised in sweet soy sauce Brown Rice Broccoli Apple Sauce Fortune Cookie	Cheesy Ham & Broccoli Casserole Scandinavian Vegetables Cookie	Beef Quesadilla Spanish Rice Peppers & Onions Apple Sauce Cookie
All Dairy Free meals are served without milk.	Parmesan Fish Brown Rice Pilaf California Vegetables Baby Carrots Cookie	GLUTEN/DAIRY FREE (WITHOUT DESSERT) Vietnamese Style Chicken in ginger lime marinade brown rice green beans Apple Sauce Dessert	Baked Ham Mustard-Apple Glaze Green Peas Scalloped Potatoes Fruit Cup Roll	GLUTEN/DAIRY FREE Latin Roast Chicken Brown Rice Black Beans 4 Way Vegetable Fruit Cup
	Baked Mahi Mahi spinach cream sauce egg noodles italian vegetables Pudding Tuna Melt Wheat Bread Peas & Carrots Cookie			