

# Kitchen Of Opportunity Frozen Menu Selections

April 5th, 2021 to July 16th 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
<b>GLUTEN/DAIRY FREE (WITHOUT THE DINNER ROLL &amp; BUTTER)</b>	Spaghetti with Meat Sauce	<b>DAIRY FREE (WITHOUT PUDDING CUP)</b>	<b>GLUTEN FREE</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
Rosemary Chicken Roasted Potatoes Beets Dinner Roll & Butter Warm Diced Peaches	Broccoli Carrots Cookie	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 Cookie
<b>Hungarian Chicken</b>	<b>BEEF POT ROAST</b>	<b>GLUTEN/DAIRY FREE (WITHOUT PUDDING)</b>	<b>French Toast Bake</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
Barley Brussels Sprouts Fruit Cup	Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll	<b>Orange Chicken</b>	Baby Carrots Apple Sauce Pudding Cup	<b>Latin Inspired Pork</b>
<b>Roast Turkey Dinner</b>	<b>BEEF SLOPPY JOE</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>Baked Rotini Pasta</b>	Black Beans and Rice Corn Fruit Cup Cookie
Gravy Green Beans Stuffing Fruit Cup Cookie	Mashed Potato Carrots Wheat Bun Fruit cup	<b>Vegetable Sweet and Sour</b>	Italian Spinach Vegetable Blend Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
<b>Turkey Tetrazzini</b>	<b>Chili Macaroni Casserole</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>BREAKFAST HASH</b>	<b>Southwest Turkey Bowl</b>
Egg Noodles Broccoli Baked Apples Cookie	Baked Apples Green Beans Cookie	<b>Ginger Soy Fish</b>	Cheesy Eggs Baked Pears Wheat English Muffin	Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie
<b>Breakfast Sandwich</b>	<b>GLUTEN/DAIRY FREE (WITHOUT THE CORN MUFFIN)</b>	Asian Vegetable Blend Cookie Apple Sauce	<b>PORK</b>	<b>GLUTEN FREE (WITHOUT COOKIE)</b>
Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Peppers and Onions Baked Apples Fruit Cup	<b>Beef Chili</b>	<b>GLUTEN/DAIRY FREE (WITHOUT DESSERT)</b>	<b>Herb Roasted Pork Loin</b>	<b>Enchilada Bake with Chicken</b>
	Sliced Carrots Corn Muffin Apple Sauce	<b>Sweet and Sour Chicken</b>	Mashed Sweet Potatoes & Gravy Green Beans Dinner Roll Cookie	California Vegetable Blend Corn and Peppers Cookie
<b>Greek Chicken Pasta</b>	<b>FISH / SEAFOOD</b>	Brown Rice Asian Vegetable Blend Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>GLUTEN FREE/DAIRY FREE</b>
Rotini Peas Apple Sauce Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>DAIRY FREE</b>	<b>Latin Inspired Pork</b>	<b>Chicken Tinga</b>
	<b>Ginger Soy Fish</b>	<b>Hmong Sweet Pork</b> braised in sweet soy sauce	Black Beans and Rice Corn Fruit Cup Cookie	shredded chicken in tomato-chipotle sauce Brown Rice Peas Fruit Cup
	Brown Rice Asian Vegetable Blend Cookie Apple Sauce	Brown Rice Broccoli Apple Sauce Fortune Cookie	<b>Cheesy Ham &amp; Broccoli Casserole</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
<b>*Note: We are not an allergen or gluten free facility, cross contamination is a possibility.</b>	<b>Parmesan Fish</b>	<b>GLUTEN/DAIRY FREE (WITHOUT DESSERT)</b>	Scandinavian Vegetables Cookie	<b>Pork Al Pastor</b>
	Brown Rice Pilaf California Vegetables Baby Carrots Cookie	<b>Vietnamese Style Chicken</b> in ginger lime marinade brown rice green beans Apple Sauce Dessert	<b>Baked Ham</b>	shredded pork with pineapple and chile Spanish Rice Baby Carrots Cookie
<b>All Dairy Free meals are served without milk.</b>	<b>Baked Mahi Mahi</b>		Mustard-Apple Glaze Brussels Sprouts Scalloped Potatoes Fruit Cup Roll	<b>GLUTEN/DAIRY FREE</b>
	spinach cream sauce egg noodles italian vegetables Pudding			<b>Latin Roast Chicken</b>
	<b>Tuna Melt</b>			Brown Rice Black Beans 4 Way Vegetable Fruit Cup
	Wheat Bread California Vegetables Cookie			