

# Kitchen Of Opportunity Frozen Menu Selections

July 19, 2021 to Oct. 22, 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	LATINO-inspired
<b>Grilled Chicken Breast with Gravy</b>  Cous Cous Roasted Rutabaga Warm Diced Peaches	<b>Spaghetti with Meat Sauce</b>  Broccoli Warm Peaches  Cookie	<b>DAIRY FREE (WITHOUT PUDDING CUP)</b>	<b>GLUTEN FREE</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
		<b>Sesame Noodles and Pork</b> Whole Wheat Noodles Baked Apples Pudding Cup	<b>Peanut Butter Blueberry Oatmeal</b> Scrambled Eggs Fruit Cup Pudding	<b>Cuban Beef</b> Black Beans and Rice Assorted Vegetables Baked Apples  Cookie
<b>Hungarian Chicken</b>  Barley Brussels Sprouts Fruit Cup Cookie	<b>BEEF POT ROAST</b>  Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll	<b>GLUTEN/DAIRY FREE (WITHOUT PUDDING)</b>	<b>French Toast Bake</b>	
		<b>Hmong Style Chicken with Mustard Greens</b> Brown Rice Mustard Greens Pudding Cup	Breakfast Potatoes Apple Sauce Pudding Cup	<b>GLUTEN FREE</b>
<b>Roast Turkey Dinner</b>  Gravy  Green Beans Stuffing Cookie	<b>BEEF SLOPPY JOE</b>  Mashed Potato  Carrots Wheat Bun Fruit cup	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>Stuffed Peppers</b>	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
		<b>Vegetable Sweet and Sour</b> Brown Rice Baked Pears Fortune Cookie	Spanish Rice Carrots Fruit Cup	
<b>Turkey Tetrazzini</b>  Egg Noodles Broccoli Baked Apples  Cookie	<b>Meatloaf</b> Mashed Potatoes California Vegetables Fruit cup Dinner Roll	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>BREAKFAST HASH</b>	<b>Southwest Turkey Bowl</b> Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie
	<b>GLUTEN/DAIRY FREE (WITHOUT THE CORN MUFFIN)</b>	<b>Ginger Soy Fish</b> Brown Rice Asian Vegetable Blend  Cookie	Cheesy Eggs Baked Pears Wheat English Muffin	
<b>Breakfast Sandwich</b>  Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Breakfast Potatoes  Baked Apples	<b>Beef Chili</b>  Sliced Carrots  Corn Muffin Apple Sauce	Apple Sauce	<b>PORK</b>	<b>Arroz Con Pollo</b>  California Vegetable Blend  Cookie
		<b>GLUTEN/DAIRY FREE (WITHOUT DESSERT)</b>	<b>Herb Roasted Pork Loin</b>	
<b>Greek Chicken Pasta</b>  Rotini Green Beans Cookie	<b>FISH / SEAFOOD</b>	<b>Sweet and Sour Chicken</b> Brown Rice Asian Vegetable Blend  Cookie	Mashed Sweet Potatoes & Gravy Green Beans Dinner Roll Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>
		<b>GLUTEN/DAIRY FREE (WITHOUT COOKIE)</b>	<b>DAIRY FREE</b>	
<b>*Note: We are not an allergen or gluten free facility, cross contamination is a possibility.</b>  <b>All Dairy Free meals are served without milk.</b>	<b>Ginger Soy Fish</b> Brown Rice Asian Vegetable Blend  Cookie Apple Sauce	<b>Hmong Sweet Pork</b> braised in sweet soy sauce  Brown Rice Broccoli Apple Sauce Fortune Cookie	<b>Latin Inspired Pork</b> Black Beans and Rice Corn Fruit Cup Cookie	<b>GLUTEN/DAIRY FREE</b>
			<b>Parmesan Fish</b> Brown Rice Pilaf California Vegetables Cookie	
<b>Baked Mahi Mahi</b> spinach cream sauce egg noodles italian vegetables Pudding	<b>Tuna Melt</b> Wheat Bread California Vegetables Cookie	<b>GLUTEN/DAIRY FREE (WITHOUT DESSERT)</b>	<b>Baked Ham</b> Mustard-Apple Glaze Brussels Sprouts Scalloped Potatoes Fruit Cup Roll	<b>GLUTEN/DAIRY FREE</b>
		<b>Vietnamese Style Chicken</b> in ginger lime marinade  brown rice green beans Apple Sauce Dessert	<b>Latino Roast Chicken</b> Brown Rice Black Beans 4 Way Vegetable Fruit Cup	