

Kitchen Of Opportunity Frozen Menu Selections

Oct. 25, 2021 to Feb. 4, 2022

*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-INSPIRED	VEGETARIAN	LATINO-INSPIRED
Grilled Chicken Breast with Gravy Cous Cous Roasted Rutabaga Warm Diced Peaches	Spaghetti with Meat Sauce Broccoli Warm Peaches Cookie	DAIRY FREE (WITHOUT PUDDING CUP)	GLUTEN FREE	GLUTEN/DAIRY FREE (WITHOUT 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
Honey Garlic Chicken Roasted Potatoes Corn Fruit Cup Roll and Butter	Beef Pot Roast Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll	GLUTEN/DAIRY FREE (WITHOUT PUDDING)	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	GLUTEN/DAIRY FREE (WITHOUT COOKIE)
		Hmong Style Chicken with Mustard Greens Brown Rice Mustard Greens Pudding Cup	Lentil Soup White Rice with Carrots Fruit Cup Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Latino Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie
Roast Turkey Dinner Gravy Green Beans Stuffing Cookie	Beef Sloppy Joe Mashed Potato Carrots Wheat Bun Fruit cup	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	GLUTEN FREE	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Southwest Turkey Bowl Spanish Rice
		Vegetable Sweet and Sour Brown Rice Baked Pears Fortune Cookie	Stuffed Peppers Spanish Rice Carrots Fruit Cup	
Turkey Tetrazzini Egg Noodles Broccoli Baked Apples Cookie	Meatloaf Mashed Potatoes California Vegetables Fruit cup Dinner Roll	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	GLUTEN FREE (WITHOUT ENGLISH MUFFIN)	Corn and Black Bean Salsa Vegetable Blend Cookie
		Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie	Breakfast Hash Cheesy Eggs Baked Pears Wheat English Muffin	GLUTEN FREE/DAIRY FREE (WITHOUT COOKIE)
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Breakfast Potatoes Baked Apples	Salisbury Steak with Mushroom Gravy & Egg Noodles Carrots Apple Sauce	Apple Sauce	PORK	Arroz Con Pollo California Vegetable Blend Cookie
		DAIRY FREE	DAIRY FREE (WITHOUT BUTTER ON DINNER ROLL & COOKIE)	
Greek Chicken Pasta Rotini Green Beans Cookie	FISH / SEAFOOD	Hmong Sweet Pork braised in sweet soy sauce Brown Rice Broccoli Apple Sauce Fortune Cookie	Herb Roasted Pork Loin Mashed Sweet Potatoes & Gravy Green Beans Dinner Roll Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Chicken Tinga shredded chicken in tomato-chipolte sauce Brown Rice Peas Cookie
	GLUTEN/DAIRY FREE (WITHOUT DESSERT)	Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	
Turkey Curry Bowl Brown Rice Broccoli Cookie	Parmesan Fish Brown Rice Pilaf California Vegetables Cookie	GLUTEN/DAIRY FREE (WITHOUT DESSERT)	Latin Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie	GLUTEN/DAIRY FREE Pork Al Pastor shredded pork with pineapple and chile Spanish Rice Sliced Carrots Fruit Cup
		Vietnamese Style Chicken in ginger lime marinade brown rice green beans Apple Sauce Dessert	Italian Sausage Egg Bake Baked Apples English Muffin	
*Note: We are not an allergen or gluten free facility, cross contamination is a possibility. All Dairy Free meals are served without milk.	Baked Mahi Mahi spinach cream sauce egg noodles italian vegetables Pudding		Baked Ham Mustard-Apple Glaze Brussels Sprouts Scalloped Potatoes Fruit Cup Roll	GLUTEN/DAIRY FREE Latino Roast Chicken Brown Rice Black Beans 4 Way Vegetable Fruit Cup
	Tuna Croquettes Egg noodles Vegetable Medley Cookie			