

Kitchen Of Opportunity Frozen Menu Selections

Feb 7th - May 20th, 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	VEGETARIAN	LATIN-inspired
Seared Chicken & Gravy Cous Cous Pasta Vegetable Medley Warm Diced Peaches Cookie	Pasta 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
GLUTEN/DAIRY FREE	BEEF POT ROAST	GLUTEN/DAIRY FREE (WITHOUT PUDDING)	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	GLUTEN/DAIRY FREE (WITHOUT COOKIE)
Honey Garlic Chicken Brown Rice Pilaf Corn Fruit Cup	Peas & Carrots Mashed Potato & Gravy Cookie Dinner Roll	Hmong Style Chicken with Mustard Greens Brown Rice Mustard Greens Broccoli Pudding Cup	Lentil Soup White Rice with Carrots Fruit Cup Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Latin Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie
	Roast Turkey Dinner Gravy Green Beans Stuffing Cookie	Beef Chili Sliced Carrots Corn Muffin Applesauce	GLUTEN/DAIRY FREE (WITHOUT DESSERT)	GLUTEN FREE
Meatloaf Mashed Potatoes Carrots Fruit cup Dinner Roll		Turkey Curry Bowl Brown Rice Broccoli Cookie	Stuffed Peppers Spanish Rice Carrots Fruit Cup	
Turkey Tetrazzini Egg Noodles Broccoli Baked Apples Cookie	Salisbury Steak with Mushroom Gravy & Egg Noodles Vegetable Medley Apple Sauce	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	BREAKFAST HASH Cheesy Eggs Baked Pears Wheat English Muffin	GLUTEN FREE/DAIRY FREE (WITHOUT COOKIE) Arroz Con Pollo California Vegetable Blend Cookie
		Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie	PORK	
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Breakfast Potatoes Baked Apples	FISH / SEAFOOD	Apple Sauce	Garlic Parmesan Pork Loin Mashed Sweet Potatoes Green Beans Dinner Roll	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Chicken Tinga shredded chicken in tomato-chipotle sauce Brown Rice Peas Cookie
		DAIRY FREE (WITHOUT COOKIE)	Hmong Sweet Pork braised in sweet soy sauce Brown Rice Broccoli Apple Sauce Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Latin Inspired Pork Black Beans and Rice Corn Fruit Cup Cookie
GLUTEN FREE (WITHOUT COOKIE)	GLUTEN/DAIRY FREE (WITHOUT COOKIE)	GLUTEN/DAIRY FREE (WITHOUT DESSERT)	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Italian Sausage Egg Bake Baked Apples English Muffin	GLUTEN/DAIRY FREE Pork Al Pastor shredded pork with pineapple and chile Spanish Rice Sliced Carrots Fruit Cup
Chicken with Swiss and Mushrooms Wild Rice Pilaf California Vegetable Blend Fruit Cup Cookie	Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie Apple Sauce	Vietnamese Style Chicken in ginger lime marinade brown rice green beans Apple Sauce Dessert	Baked Ham Mustard-Apple Glaze Broccoli Mashed Potatoes Dessert Roll	
	GLUTEN/DAIRY FREE (WITHOUT DESSERT)	Mustard Herb Roasted Fish Grits Vegetable Medley Cookie	GLUTEN/DAIRY FREE Latin Roast Chicken Brown Rice Black Beans 4 Way Vegetable Fruit Cup	
Turkey Curry Bowl Brown Rice Broccoli Cookie	Baked Mahi Mahi spinach cream sauce egg noodles italian vegetables Pudding	Tuna Casserole Egg noodles Green Beans Cookie		
	All Dairy Free meals are served without milk.			