

Kitchen Of Opportunity Frozen Menu Selections			*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.	
May 23rd 2022 - August 26th 2022				
CHICKEN/TURKEY	BEEF	ASIAN	VEGETARIAN	LATIN-inspired
NEW: Turkey Burger Hamburger Bun Vegetable Medley Warm Diced Peaches	Pasta with Meat Sauce Broccoli Warm Peaches Cookie	DAIRY FREE (WITHOUT PUDDING) Sesame Noodles and Pork Whole Wheat Noodles Baked Apples Pudding Cup	GLUTEN FREE Peanut Butter Blueberry Oatmeal Scrambled Eggs Fruit Cup Pudding	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Cuban Beef Black Beans and Rice Assorted Vegetables Baked Apples Cookie
GLUTEN/DAIRY FREE Honey Garlic Chicken Brown Rice Pilaf Corn Fruit Cup	Pot Roast Vegetable Medley Mashed Potato & Gravy Molasses Cookie Dinner Roll	GLUTEN/DAIRY FREE (WITHOUT PUDDING) Hmong Style Chicken with Mustard Greens Brown Rice Mustard Greens Broccoli Pudding Cup	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Lentil Soup White Rice with Carrots Fruit Cup Cookie	NEW: Chicken Enchilada Bake California Vegetable Blend Corn and Peppers Chocolate Chip Cookie
NEW: Chicken Wild Rice Soup Green Beans Fruit Cocktail Dinner Roll with Butter Chocolate Sea Salt Cookie	Beef Chili Sliced Carrots Corn Muffin Applesauce	GLUTEN/DAIRY FREE (WITHOUT COOKIE) NEW: Sweet and Sour Chicken Brown Rice Broccoli Oatmeal Raisin Cookie	GLUTEN FREE Stuffed Peppers Spanish Rice Carrots Fruit Cup	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Southwest Chicken Bowl Spanish Rice Corn and Black Bean Salsa Vegetable Blend Cookie
Turkey Tetrzinni Egg Noodles Broccoli Baked Apples Cookie	NEW: Beef Lasagna Broccoli Oatmeal Breakfast Cookie	GLUTEN/DAIRY FREE (WITHOUT COOKIE) Ginger Soy Fish Brown Rice Asian Vegetable Blend Cookie Apple Sauce	NEW: Vegetarian Lasagna Warm Diced Peaches Dinner Roll White Chocolate Chip Cookie	GLUTEN FREE/DAIRY FREE (WITHOUT COOKIE) Arroz Con Pollo California Vegetable Blend Cookie
Breakfast Sandwich Scrambled Egg, Turkey Sausage, Cheddar Cheese English Muffin Breakfast Potatoes Baked Apples	Meatloaf Mashed Potatoes Vegetable Medley Applesauce	DAIRY FREE (WITHOUT COOKIE) Hmong Sweet Pork braised in sweet soy sauce Brown Rice Broccoli Apple Sauce Cookie	PORK 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
GLUTEN FREE (WITHOUT COOKIE) Chicken with Swiss and Mushrooms Wild Rice Pilaf California Vegetable Blend Fruit Cup Cookie	NEW: Parmesan Crusted Fish Brown Rice Pilaf California Vegetable Blend Baby Carrots Snickerdoodle Cookie	GLUTEN/DAIRY FREE (WITHOUT DESSERT) Vietnamese Style Chicken in ginger lime marinade Brown Rice Green Beans Apple Sauce Dessert	GLUTEN/DAIRY FREE (WITHOUT COOKIE) 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
GLUTEN FREE/DAIRY FREE (WITHOUT COOKIE) NEW: Rosemary Chicken Roasted Potatoes Sliced Beets Oatmeal Raisin Cookie	GLUTEN FREE (WITHOUT COOKIE) Mustard Herb Roasted Fish Grits Vegetable Medley Cookie		GLUTEN/DAIRY FREE (WITHOUT BUN) NEW: BBQ Pork Sandwich Hamburger Bun Corn Warm Diced Peaches	GLUTEN/DAIRY FREE Latin Roast Chicken Brown Rice Black Beans 4 Way Vegetable Fruit Cup
*Note: We are not an allergen or gluten free facility, cross contamination is a possibility.	Baked Mahi Mahi Spinach cream sauce Egg noodles Italian vegetables Pudding		Baked Ham Mustard-Apple Glaze Broccoli Mashed Potatoes Dessert Roll	
All Dairy Free meals are served without milk.	Tuna Casserole Egg noodles Green Beans Cookie			