


Gluten Free Broccoli
Cheddar Bake
ender rice pasta and broccol English cheddar sauce, toppe with toasted gluten free bread crumbs

Gluten-Free Pad Thai
The traditional Thai sweet and sour dish with organic rice noodles, tofu, burienned carrots, green onion

## Plain Baked Cod

Cod baked plain for you to season to your liking
ven Roasted Turkey Breast/Gluten Free Gravy Hot out
breast

Fresh Banana
Fresh Orange Wedges
Fresh Strawberries

BREAD BASKET
Gluten Free Bagel
Gluten Free Blueberry Muffin Gluten Free Toast

Iuten-Free Mexica
Casserole Bowl
organic white corn masa, black
eans, sweet golden corn, oliv
lomatoes and a blend of chili
peppers and spices served as a
casserole
Gluten Free Bean and Rice
Burrito
luten free tortilla filled with black eans and rice

Grilled Chicken
All natural chicken breast
marinated in orange juice, garlic,
basil and thyme
-
Moist rice with red beans
Gluten Free Chicken Tenders lasty chicken tenders coated with a home-style GF breading
Grilled Cheese on GF Bread Cheeseburger on GF Bun Hamburger on GF Bun

Gluten-Free Rice Macaroni \& Cheese
Tender gluten free pasta covered

Gluten-Free Vegetable Lasagna Traditional style lasagna made with rice-based pasta, tofu, zucchini, spinach, tomato sauce and spices,
topped with melted vegan mozzarella style cheese

## PIZZA

Gluten-Free Pizza
Crispy pizza crust topped with
cheese

## SIDES

Green Beans Steamed Carrots Steamed Broccol Mashed Potatoes Tossed Garden Salad ossed Garden Salad Chilled Baby Carrot White Rice Carrot \& Celery Sticks

Chees

BREAD BASKET

Gluten-Free White Bread
Gluten-Free Blueberry Muffin


