**FareStart Spring Allergen Free Menu:**

April 2021

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **29** | **30** | **31** | **1** | **2** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Chicken Pot Pie with Peas, Carrots, and Onions  Corn Tortilla (WGR)  Oranges | Veggie Pizza on  Corn Tortilla (WGR) with Tomato Sauce, Chopped Greens, and  Mixed Green Salad with French Dressing  Bananas | Enchilada Casserole with Black Beans, Rice(WGR) and  Green Beans Mixed Berries | Turkey Sloppy Joe  With Corn Tortilla (WGR)  Apple Compote  Steamed Carrots |
| **5** | **6** | **7** | **8** | **9** |
| Chicken Teriyaki w/Brown Rice (WGR)  Peas and Carrots  Apples | Vegetarian Lasagna (WGR) w/Corn Tortilla, White Beans, Red Sauce  Green Beans  Oranges | Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Corn Tortilla (WGR)  Southwest Slaw  Bananas | Turkey Piadinni w/Pepper Trio &  Corn Tortilla (WGR) Green Beans  Strawberry Applesauce | Beef Chili w/Carrots & Onions Corn Tortilla (WGR) Pear Compote |
| **12** | **13** | **14** | **15** | **16** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Tomato Vegetarian Curry with Chickpeas, Potatoes, & Onions Corn Tortilla (WGR) Oranges | Basil & Roasted Garlic Brown Rice (WGR) w/White Beans Bananas | Chicken Adobo Drumstick w/Brown Rice (WGR) Green Beans Mixed Berries | Black Bean Sliders w/Corn Tortilla (WGR), Lettuce & Tomato Steamed Carrots Peach Compote |
| **19** | **20** | **21** | **22** | **23** |
| Beef Stroganoff w/Brown Rice(WGR)  Peas and Carrots  Apples | White Bean Curry Stew w/Potatoes, Carrots, & Onions Corn Tortilla (WGR) Oranges | Chicken Enchilada Casserole with Black Beans, & Rice (WGR)  Steamed Carrots Bananas | Vegetarian  Lasagna w/Corn Tortilla (WGR), Red Sauce & White Bean  Green Beans  Strawberry Applesauce | Sofrito Quesadilla w/White Bean & Enchilada Sauce Corn Tortilla(WGR)  Corn  Fruit Compote |
| **26** | **27** | **28** | **29** | **30** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Chicken Pot Pie with Peas, Carrots, and Onions  Corn Tortilla (WGR)  Oranges | Veggie Pizza on  Corn Tortilla (WGR) with Tomato Sauce, Chopped Greens, and  Mixed Green Salad with French Dressing  Bananas | Enchilada Casserole with Black Beans, Rice(WGR) and  Green Beans Mixed Berries | Turkey Sloppy Joe  With Corn Tortilla (WGR)  Apple Compote  Steamed Carrots |

**FareStart Spring Allergen Free Menu:**

May 2021

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **3** | **4** | **5** | **6** | **7** |
| Chicken Teriyaki w/Brown Rice (WGR)  Peas and Carrots  Apples | Vegetarian Lasagna (WGR) w/Corn Tortilla, White Beans, Red Sauce  Green Beans  Oranges | Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Corn Tortilla (WGR)  Southwest Slaw  Bananas | Turkey Piadinni w/Pepper Trio &  Corn Tortilla (WGR) Green Beans  Strawberry Applesauce | Beef Chili w/Carrots & Onions Corn Tortilla (WGR) Pear Compote |
| **10** | **11** | **12** | **13** | **14** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Tomato Vegetarian Curry with Chickpeas, Potatoes, & Onions Corn Tortilla (WGR) Oranges | Basil & Roasted Garlic Brown Rice (WGR) w/White Beans Bananas | Chicken Adobo Drumstick w/Brown Rice (WGR) Green Beans Mixed Berries | Black Bean Sliders w/Corn Tortilla (WGR), Lettuce & Tomato Steamed Carrots Peach Compote |
| **17** | **18** | **19** | **20** | **21** |
| Beef Stroganoff w/Brown Rice(WGR)  Peas and Carrots  Apples | White Bean Curry Stew w/Potatoes, Carrots, & Onions Corn Tortilla (WGR) Oranges | Chicken Enchilada Casserole with Black Beans, & Rice (WGR)  Steamed Carrots Bananas | Vegetarian  Lasagna w/Corn Tortilla (WGR), Red Sauce & White Bean  Green Beans  Strawberry Applesauce | Sofrito Quesadilla w/White Bean & Enchilada Sauce Corn Tortilla(WGR)  Corn  Fruit Compote |
| **24** | **25** | **26** | **27** | **28** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Chicken Pot Pie with Peas, Carrots, and Onions  Corn Tortilla (WGR)  Oranges | Veggie Pizza on  Corn Tortilla (WGR) with Tomato Sauce, Chopped Greens, and  Mixed Green Salad with French Dressing  Bananas | Enchilada Casserole with Black Beans, Rice(WGR) and  Green Beans Mixed Berries | Turkey Sloppy Joe  With Corn Tortilla (WGR)  Apple Compote  Steamed Carrots |
| **31** | **1** | **2** | **3** | **4** |
| Memorial Day Observed | Chicken Teriyaki w/Brown Rice (WGR)  Peas and Carrots  Apples | Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Corn Tortilla (WGR)  Southwest Slaw  Oranges | Turkey Piadinni w/Pepper Trio &  Corn Tortilla (WGR) Green Beans  Strawberry Applesauce | Beef Chili w/Carrots & Onions Corn Tortilla (WGR) Pear Compote |

**FareStart Spring Allergen Free Menu:**June 2021

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **31** | **1** | **2** | **3** | **4** |
| Memorial Day Observed | Chicken Teriyaki w/Brown Rice (WGR)  Peas and Carrots  Apples | Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Corn Tortilla (WGR)  Southwest Slaw  Oranges | Turkey Piadinni w/Pepper Trio &  Corn Tortilla (WGR) Green Beans  Strawberry Applesauce | Beef Chili w/Carrots & Onions Corn Tortilla (WGR) Pear Compote |
| **7** | **8** | **9** | **10** | **11** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Tomato Vegetarian Curry with Chickpeas, Potatoes, & Onions Corn Tortilla (WGR) Oranges | Basil & Roasted Garlic Brown Rice (WGR) w/White Beans Bananas | Chicken Adobo Drumstick w/Brown Rice (WGR) Green Beans Mixed Berries | Black Bean Sliders w/Corn Tortilla (WGR), Lettuce & Tomato Steamed Carrots Peach Compote |
| **14** | **15** | **16** | **17** | **18** |
| Beef Stroganoff w/Brown Rice(WGR)  Peas and Carrots  Apples | White Bean Curry Stew w/Potatoes, Carrots, & Onions Corn Tortilla (WGR) Oranges | Chicken Enchilada Casserole with Black Beans, & Rice (WGR)  Steamed Carrots Bananas | Vegetarian  Lasagna w/Corn Tortilla (WGR), Red Sauce & White Bean  Green Beans  Strawberry Applesauce | Sofrito Quesadilla w/White Bean & Enchilada Sauce Corn Tortilla(WGR)  Corn  Fruit Compote |
| **21** | **22** | **23** | **24** | **25** |
| Brown Rice (WGR) and Black Beans w/Diced Butternut Squash  Peas and Carrots  Apples | Chicken Pot Pie with Peas, Carrots, and Onions  Corn Tortilla (WGR)  Oranges | Veggie Pizza on  Corn Tortilla (WGR) with Tomato Sauce, Chopped Greens, and  Mixed Green Salad with French Dressing  Bananas | Enchilada Casserole with Black Beans, Rice(WGR) and  Green Beans Mixed Berries | Turkey Sloppy Joe  With Corn Tortilla (WGR)  Apple Compote  Steamed Carrots |
| **28** | **29** | **30** | **1** | **2** |
| Chicken Teriyaki w/Brown Rice (WGR)  Peas and Carrots  Apples | Vegetarian Lasagna (WGR) w/Corn Tortilla, White Beans, Red Sauce  Green Beans  Oranges | Quesadilla with Pureed Sweet Potatoes, Black Beans, Salsa & Corn Tortilla (WGR)  Southwest Slaw  Bananas | Turkey Piadinni w/Pepper Trio &  Corn Tortilla (WGR) Green Beans  Strawberry Applesauce | Beef Chili w/Carrots & Onions Corn Tortilla (WGR) Pear Compote |