



## Healthy Kitchen

### Week 1

Sept 5 - Sept 11

Oct 3 - Oct 9

Oct 31 - Nov 6

Nov 28 - Dec 4

MENU 1	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
HEALTHY KITCHEN ENTRÉE	TURKEY BREAST ROASTED HK	CHIK BREAST BAKED HK	BEEF VINDALOO	GRILLED CHICK KALE PESTO HK	BEEF BOLOGNE SE LASAGNA HK	SAAG CHICKEN HK	SOLE, BAKED BOMBAY HK (2 PCS)
	GF-DF-NF	H-GF-DF-NF-L	GF-DF-NF-L	H-GF-DF-NF	NF	H-NF-GF	GF-DF-NF
HEALTHY KITCHEN VEGETABLE	STEAMED BROCCOLI HK	CARROTS FRESH, ROASTED HK	STEAMED CAULIFLOWER HK	OVEN ROASTED VEGETABLES HK	SAUTED EDAMAME, CORN, BLACK BEANS HK	BRUSSEL SPROUTS, FRESH HK	STEAMED PEAS HK
	VG-GF-NF	VG-GF-NF-L	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG- GF-NF	VG- GF-NF
HEALTHY KITCHEN STARCH	WILD RICE BLEND HK	POTATO SWEET, ROASTED WEDGE HK	POTATO SMASHED, RED W/ GARLIC HK	BROWN RICE HK	SEVEN GRAIN RICE HK	POTATO RED ROASTED WITH ONION	RICE, BASMATI
	VG-GF-NF-L	VG-GF-NF	V-GF-NF-L	VG-GF-NF	VG-NF-DF	VG-GF-DF-NF-L	VG-GF-NF-L
CHILI & CORN BREAD	VEGETARIAN CHILI	TURKEY CHILI	COCOA CHIPOTLE BEEF CHILI BLACK	VEGETARIAN CHILI	TURKEY CHILI	TRADITIONAL BEEF CHILI	QUINOA BLACK BEAN CHILI
	VG-GF-DF-NF	GF-DF-NF-L	GF-DF-NF-L	VG-GF-DF-NF	GF-DF-NF-L	GF-DF-NF-L	LOCAL



## Healthy Kitchen

### Week 2

Sept 12 - Sept 18

Oct 10 - Oct 16

Nov 7 - Nov 13

Dec 5 - Dec 11

MENU 2	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
HEALTHY KITCHEN ENTRÉE	SAAG CHICKEN (HALAL)	CHIX SOUVLAKI STYLE LEMON GARLIC (BONE-IN NO HALAL)	BEEF BOLOGNE SE LASAGNA	GRILLED CHICK KALE PESTO (HALAL)	BEEF VINDALOO	COUNTRY TURKEY MEAT LOAF	BASA, BAKED HOISIN-SIRACHA
	H-NF-GF	GF-DF-NF-L	NF	H-GF-DF-NF	GF-DF-NF-L	DF-NF	DF-NF
HEALTHY KITCHEN VEGETABLE	STEAMED CAULIFLOWER HK	ROASTED CARROTS HK	STEAMED BROCCOLI HK	OVEN ROASTED VEGETABLES	PARMESAN EDAMAME HK	CARROTS, BABY, FRESH (STEAMED)	STEAMED PEAS
	VG-GF-NF	VG-GF-NF-L	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF
HEALTHY KITCHEN STARCH	WILD RICE BLEND	ROASTED SWEET POT WEDGE	POTATO MASHED, RED WITH GARLIC	BROWN RICE	SEVEN GRAIN RICE	POTATO RED ROASTED WITH ONION	RICE, JASMINE
	VG-GF-NF-L	VG-GF-NF	V-GF-NF-L	VG-GF-NF	VG-NF-DF	VG-GF-DF-NF-L	VG-GF-NF-L
CHILI & CORN BREAD	QUINOA BLACK BEAN CHILI	TURKEY CHILI	COCOA CHIPOTLE BEEF CHILI BLACK	VEGETARIAN CHILI	TURKEY CHILI	BEEF CHILI	VEGETARIAN CHILI
	LOCAL	GF-DF-NF-L	GF-DF-NF-L	VG-GF-DF-NF	GF-DF-NF-L	GF-DF-NF-L	VG-GF-DF-NF



## Healthy Kitchen

### Week 3

Sept 19 - Sept 25

Oct 17 - Oct 23

Nov 14 - Nov 20

Dec 12 - Dec 18

MENU 3	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
HEALTHY KITCHEN ENTRÉE	TURKEY BREAST ROASTED	CHIK BREAST BAKED (HALAL)	BEEF BOLOGNE SE LASAGNA	HADDOCK , BAKED, COCONUT CURRY	BEEF VINDALOO	SAAG CHICKEN (HALAL)	GRILLED CHICK KALE PESTO (HALAL)
	GF-DF-NF	H-GF-DF-NF-L	NF	GF-DF-NF	GF-DF-NF-L	H-NF-GF	H-GF-DF-NF
HEALTHY KITCHEN VEGETABLE	CALIFORNIAN VEGETABLE MIX	STEAMED BROCCOLI HK	BRUSSEL SPROUTS, FRESH	OVEN ROASTED VEGETABLES	STEAMED PEAS	ALOO GOBI HK	ROASTED CARROTS HK
	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG- GF-NF	VG- GF-NF	VG-GF-NF-L
HEALTHY KITCHEN STARCH	POTATO OVEN ROASTED	ROASTED SWEET POT WEDGE	POTATO MASHED, RED WITH GARLIC	BROWN RICE	SEVEN GRAIN RICE	RICE, BASMATI	POTATO RED ROASTED WITH ONION
	VG-GF-NF-L	VG-GF-NF	V-GF-NF-L	VG-GF-NF	VG-NF-DF	VG-GF-DF-NF-L	VG-GF-DF-NF-L
CHILI & CORN BREAD	TURKEY CHILI	COCOA CHIPOTLE BEEF CHILI BLACK BEAN	QUINOA BLACK BEAN CHILI	TURKEY CHILI	VEGETARIAN CHILI	TRADITIONAL BEEF CHILI	QUINOA BLACK BEAN CHILI
	GF-DF-NF-L	GF-DF-NF-L	LOCAL	GF-DF-NF-L	VG-GF-DF-NF	GF-DF-NF-L	LOCAL



## Healthy Kitchen

### Week 4

Sept 26 - Oct 2  
 Oct 24 - Oct 30  
 Nov 21 - Nov 27  
 Dec 19 - Dec 23

MENU 4	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
HEALTHY KITCHEN ENTRÉE	COUNTRY TURKEY MEAT LOAF	BEEF BOLOGNE SE LASAGNA	CHICKEN BREAST, BAKED (HALAL)	COD, BAKED BOMBAY	BEEF VINDALOO	SAAG CHICKEN (HALAL)	BASA, BAKED HOISIN-SIRACHA
	DF-NF	NF	H-F-NF-L	GF-DF-NF	GF-DF-NF-L	H-NF-GF	DF-NF
HEALTHY KITCHEN VEGETABLE	STEAMED CAULIFLOWER HK	CORN ON THE COB, GRILLED	STEAMED BROCCOLI HK	VEGETABLE JALFREZI	PARMESAN EDAMAME HK	CARROTS, BABY, FRESH (STEAMED)	CALIFORNIA VEGETABLE MIX
	VG-GF-NF	VG-GF-NF-L	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF	VG-GF-NF-L
HEALTHY KITCHEN STARCH	WILD RICE BLEND	ROASTED SWEET POT WEDGE	POTATO MASHED, RED WITH GARLIC	BROWN RICE	SEVEN GRAIN RICE	POTATO RED ROASTED WITH ONION	RICE, JASMINE
	VG-GF-NF-L	VG-GF-NF	V-GF-NF-L	VG-GF-NF	VG-NF-DF	VG-GF-DF-NF-L	VG-GF-NF-L
CHILI & CORN BREAD	VEGETARIAN CHILI	TURKEY CHILI	COCOA CHIPOTLE BEEF CHILI BLACK	VEGETARIAN CHILI	TURKEY CHILI	QUINOA BLECK BEAN CHILI	BEEF CHILI
	VG-GF-DF-NF	GF-DF-NF-L	GF-DF-NF-L	VG-GF-DF-NF	GF-DF-NF-L	VG-GF-DF-NF	GF-DF-NF-L