



October Allergen Aware Menu

Delivering health one meal at a time!

*Meals are served with a variety of fresh fruit at each meal.
Options may vary based on food allergies.*

Please be aware, that while we strive to prepare fresh, safe and nutritious meals for individuals with food allergies, we are a large scale food service operator and we do have a variety of foods containing gluten, fish, shellfish, egg, milk and soybean on premise. Please contact City Fresh Foods for further questions on meal preparation.

Monday	Tuesday	Wednesday	Thursday	Friday
			Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit	Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Carrots, Fruit
			1	2
Dairy Free Chicken Alfredo, Gluten Free Pasta, Broccoli, Fruit	Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla, Black Beans, Fruit	Chicken Taco "Casserole", Quinoa, Corn & Peppers, Fruit	Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit	Sweet & Sour Turkey Meatballs, Brown Rice, Zucchini Squash, Fruit
5	6	7	8	9
Holiday - No Meals	American Chop Suey with Gluten Free Pasta (Turkey), Carrots, Fruit	Chicken Fajitas w/ Peppers, Onions & Dairy-Free Cheese, Corn Tortilla, Corn, Fruit	Caribbean Chicken w/ Peppers, Whole Grain Grits, Black Beans, Fruit	Pulled Honey Jerk Chicken Sandwich, Gluten Free Bun, Brussel Sprouts, Fruit
12	13	14	15	16
Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken, Broccoli, Fruit	Gluten Free Crispy Chicken Sandwich, Gluten Free Bun, Sweet Potatoes, Fruit	Falafel Bites, Brown Rice, Zucchini Squash, Fruit	Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese, Corn Tortilla Chips, Fruit	Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit
19	20	21	22	23
Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit	Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit	Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit	Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit	Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Carrots, Fruit
26	27	28	29	30

City Fresh Foods | P.O. Box 255698 | Dorchester, MA 02125 Menu subject to change This institution is an equal opportunity provider Phone 617-606-7123 | Fax 617-606-7126 |

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.