

spring menu

march }
april }
may }

Grass Fed, All Natural and Organic Protein
All Natural & Organic Grain
100 % Certified Organic Fruit/Veg/Whole Juice
Milk

monday	tuesday	wednesday	thursday	friday
Baked Ziti Pasta Parmesan-Roasted Broccoli Fresh Orange Slices Whole Grain Bread	Roasted Lemon Herb Chicken <i>Lentil Burger</i> Garlic Mashed Potatoes Banana Halves Whole Grain Bread	Gorilla Grilled Cheese Steamed Carrots Fresh Cantaloupe and Honeydew Melon Whole Grain Bread	Sweet Chicken Curry <i>Sweet Tofu Curry</i> Jasmine White Rice Fresh Cauliflower Fresh Cut Pineapple	Homemade Cheesy Pizza Creamed Spinach Banana Halves
Rotini (Spiral) Pasta Primavera Mixed Veggies Fresh Orange Slices Whole Grain Bread	Turkey Sloppy Joes <i>Veggie Sloppy Joes</i> Baked Potato Wedges Fresh Fruit Salad Whole Grain Buns	Breaded Chicken Tenders <i>Eggplant Parmesan</i> String Beans Fresh Cut Pineapple Whole Grain Bread	Cheesy Quesadillas Steamed Carrots Fresh Honeydew Melon Fresh Tortillas	Breaded Fish Tenders w/ Dip <i>Potato Latkes</i> Steamed Broccoli Homemade Applesauce Whole Grain Bread
Farfalle w/Spring Peas in a Parmesan Cheese Sauce Glazed Carrots Fresh Tangelo Slices	Juicy Tallgrass Beef Burgers <i>Lentil Burgers</i> Rootin' Tootin' Beans Fresh Fruit Salad Whole Grain Buns	White Bean Chili Maple-Roasted Sweet Potatoes Homemade Corn Bread	Sweet & Sour Chicken <i>Asian Vegetable Stir Fry</i> Mixed Veggies Jasmine White Rice Fresh Fruit Salad	Homemade Cheesy Pizza String Beans Fresh Cut Pineapple
3 Cheese Sneaky Spinach Lasagna Steamed Broccoli Banana Halves Whole Grain Bread	Tandoori Chicken w/ Yogurt <i>Tandoori Tofu w/ Yogurt</i> Roasted Potatoes Orange Slices Naan	Veggie (Not So) Fried Rice Steamed Asian Veggies Fresh Cut Pineapple	Baked Chicken Enchiladas <i>Veggie Enchiladas</i> Refried Beans Fresh Fruit Salad Fresh Tortillas	Turkey Shepherd's Pie with Whipped Potato Crust <i>Veggie Shepherd's Pie</i> Garlic Green Beans Homemade Applesauce Whole Grain Rolls

urban gorilla farm

nut free kitchen!