

ChildEats Dairy Free Menu



Week 1 • January 1 – January 2

Date				Thursday 01/01	Friday 01/02
Soup				Borscht	Purée Cauliflower
Lunch				Turkey Meatballs DF Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob DF Kasha Steamed Cauliflower Seasonal Fruit

Week 2 • January 5 – January 9

Date	Monday 01/05	Tuesday 01/06	Wednesday 01/07	Thursday 01/08	Friday 01/09
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Chicken Pilaf DF Steamed Rice Cole Slaw Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF Mashed Potato WG Bread Steamed Cauliflower Seasonal Fruit	Meatloaf DF Kasha Steamed Vegetables Seasonal Fruit

Week 3 • January 12 – January 16

Date	Monday 01/12	Tuesday 01/13	Wednesday 01/14	Thursday 01/15	Friday 01/16
Soup	Oatmeal	Chicken Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	Meatballs Marinara WG Pasta Garden Salad Seasonal Fruit	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Stir Baked Chicken DF Steamed Rice Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Chicken Kabob DF Kasha Steamed Vegetables Seasonal Fruit

Week 4 • January 19 – January 23

Date	Monday 01/19	Tuesday 01/20	Wednesday 01/21	Thursday 01/22	Friday 01/23
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Chicken Kabob WG Pasta Steamed Carrots Seasonal Fruit	Chicken Cloud Puffs DF Mashed Potato WG Bread Steamed Broccoli Seasonal Fruit	Chicken Kabob Steamed Rice Cole Slaw Seasonal Fruit	Chicken Stew Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Meatloaf DF Kasha Steamed Cauliflower Seasonal Fruit

Week 5 • January 26 – January 30

Date	Monday 01/26	Tuesday 01/27	Wednesday 01/28	Thursday 01/29	Friday 01/30
Soup	Oatmeal	Chicken Noodle	Purée Pumpkin	Borscht	Purée Cauliflower
Lunch	Chicken Tenders Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Chicken Fajitas DF Steamed Rice Garden Salad Seasonal Fruit	Mama's Bolognese WG Pasta Steamed Broccoli Seasonal Fruit	Turkey Meatballs DF Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Chicken Kabob DF Kasha Steamed Cauliflower Seasonal Fruit

Note: All fruits are subject to seasonal availability. childeats.com • prepared by petergofchicago.com