

**Dinner**

**Monday**

Penne Pasta  
*Gluten Free pasta - Barilla*  
Veggie Bolognese  
Broccoli & Seasonal vegetable Sauté  
Triple Chocolate Brownies  
*Gluten, Egg & Dairy-free Alternative: Double Chocolate Cake*  
2% Milk  
Water

**Tuesday**

Black Beans or Pinto Beans  
Seasoned rice  
Corn & Wheat tortillas  
Seasonal veggie slaw  
Salsa & tortilla chips  
Vanilla Cupcakes  
*Gluten, Egg & Dairy-free Alternative: House made Gluten Free Cupcakes*  
2% Milk  
Water

**Wednesday**

Islandwood Pizza  
*Gluten-free Alternative: Gluten Free/Vegan Pizza Crust*  
*Dairy-free/Vegan Option: Flatbread Pizza with Roasted Vegetables*  
Green Salad with Vegetables  
Ranch Dressing  
Oil & Vinegar  
Vanilla & Chocolate Ice Cream  
*Vegan/Dairy Free Alternative: Oatly Frozen Dessert*  
2% Milk  
Water

**Thursday**

**Breakfast**

**Tuesday**

Melon, Pineapple or strawberries ( breakfast fruit) Scrambled eggs  
Pork or Chicken sausage  
Oatmeal  
Granola (housemade, dairy & egg free)  
Yogurt  
Blueberry muffins (housemade, contains Dairy & Egg)  
*Gluten, Egg & Dairy-free Alternative: House made Gluten Free Muffin*  
Gorilla Munch Cereal (GF/Vegan)  
Power O's, Cinnamon (GF/vegan)  
2% Milk  
Water  
Orange Juice

**Wednesday**

Melon, Pineapple or strawberries ( breakfast fruit)  
Scrambled eggs  
Bacon or Chicken sausage  
Breakfast rolls (housemade, dairy & egg free)  
*Gluten-free Alternative: Gluten Free toast*  
Oatmeal  
Granola (housemade, dairy & egg free)  
Yogurt  
Gorilla Munch Cereal (GF/Vegan)  
Power O's, Cinnamon (GF/vegan)  
2% Milk  
Water  
Orange Juice

**Thursday**

Melon, Pineapple or strawberries ( breakfast fruit) Scrambled eggs  
Breakfast potatoes  
Oatmeal  
Granola (housemade, dairy & egg free)  
Yogurt  
Apple Cake (housemade, contains Dairy & Egg)  
*Gluten-free Alternative: Nature's Bakery Raspberry fig Bar*  
Gorilla Munch Cereal (GF/Vegan)  
Power O's, Cinnamon (GF/vegan)  
2% Milk  
Water  
Orange Juice