



Egg & Dairy Free Menu and Ingredients

3.3 - 3.7

Day 1

Breakfast:

- EDF Bagels w/ Jam
- Fresh Fruit

Lunch:

- Pasta Primavera w/ Chicken & Tomatoes
- WG Pasta
- Roasted Vegetables
- Fresh Fruit

Snack:

- EDF Trail Mix
- Fresh Fruit

Ingredients:

Br: ed free bagel, jam

Ln: pasta, chicken, cherry tomatoes, spinach, zucchini, carrots, peppers, garlic, oil, salt, pepper, lemon juice, parsley, oregano, italian seasoning

Sn: toasty o's, chex, raisins, cinnamon, nutmeg, honey, salt, quinoa

Day 2

Breakfast:

- EDF Blueberry Muffins
- Fresh Fruit

Lunch:

- Turkey Tacos
- WW Tortilla
- Black Beans & Corn
- Fresh Fruit

Snack:

- Rice Cakes w/ Jam
- Fresh Fruit

Ingredients:

Br: vanilla extract, cinnamon, ww flour, apple sauce, brown sugar, salt, nutmeg, baking soda, oil, oats, honey, soy milk, blueberries

Ln: ground turkey, cumin, cilantro, salt, pepper, oil, wg tortilla, corn, black beans, tomato sauce, chili powder, garlic, onions

Sn: rice cakes, jam

Day 3

Breakfast:

- EDF Bagels w/ Jam
- Fresh Fruit

Lunch:

- Honey Glazed Chicken
- WG Rice
- Roasted Broccoli
- Fresh Fruit

Snack:

- ED Free Pretzels
- Fresh Fruit

Ingredients:

Br: ed free bagel, jam

Ln: chicken, rice, broccoli, orange juice, sugar, ginger, garlic powder, garlic, honey

Sn: ed pretzels

Day 4

Breakfast:

- EDF Morning Glory Muffin
- Fresh Fruit

Lunch:

- Beef Bolognese
- WG Pasta
- Green Peas
- Fresh Fruit

Snack:

- Peach Soy Yogurt
- Fresh Fruit

Ingredients:

Br: vanilla extract, cinnamon, ww flour, apple sauce, brown sugar, salt, nutmeg, baking soda, oil, oats, honey, soy milk, carrots, apples

Ln: ground beef, garlic, peas, tomato sauce, tomato paste, basil, wg pasta, oil, salt, pepper

Sn: soy milk, tofu, peaches, vanilla, brown sugar

Day 5

Breakfast:

- Corn Flakes Cereal
- Fresh Fruit

Lunch:

- White Chicken Chili
- WG Roll
- Roasted Carrots
- Fresh Fruit

Snack:

- Cinnamon Applesauce
- Fresh Fruit

Ingredients:

Br: corn flakes cereal

Ln: chicken breast, wg roll, white kidney beans, carrots, chicken broth, garlic, cumin, coriander, chili powder, onion, oregano

Sn: cinnamon, applesauce

Stuff We Have To Say



Red Rabbit is a nut free kitchen, but does not guarantee meals to be free of any other allergens. Menu items may contain or come into contact with wheat, eggs, milk, and soy. Please note, ingredients are subject to change due to market availability, and may change without prior notice.

Fresh Fruit May Include:

- Apples
- Watermelon
- Honeydew
- Cantaloupe
- Bananas
- Oranges
- Pears
- Plums
- Strawberries
- Pineapple