



Gluten & Soy Free Menu and Ingredients

3.3 - 3.7

Day 1

Breakfast:

- GF Bagel w/ Jam
- Fresh Fruit

Lunch:

- Pasta Primavera w/ Mozzarella Cheese
- GF Pasta
- Carrots & Corn
- Fresh Fruit

Snack:

- GF Trail Mix
- Fresh Fruit

Ingredients:

Br: gf bagel, jam

Ln: gf pasta, mozzarella cheese, carrots, corn, garlic, oil, salt, pepper, lemon juice, parsley, oregano, italian seasoning, peppers

Sn: rice cakes, chex, raisins, cinnamon, sugar

Day 2

Breakfast:

- GF Blueberry Muffins
- Fresh Fruit

Lunch:

- Turkey Tacos
- Corn Tortillas
- Black Beans & Corn
- Fresh Fruit

Snack:

- Rice Cakes w/ Jam
- Fresh Fruit

Ingredients:

Br: vanilla extract, cinnamon, gf flour, apple sauce, milk, brown sugar, salt, nutmeg, baking soda, blueberries

Ln: ground turkey, corn tortilla, garlic, peppers, onions, tomato, cilantro, cumin, chili powder, oregano, tomatoes, black beans, corn

Sn: rice cakes, jam

Day 3

Breakfast:

- GF Bagel w/ Butter
- Fresh Fruit

Lunch:

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

Snack:

- GF Pretzels
- Fresh Fruit

Ingredients:

Br: vanilla extract, cinnamon, gf flour, apple sauce, milk, brown sugar, salt, nutmeg, baking soda, apples, carrots

Ln: chicken thighs, wg rice, honey, ginger, garlic, onion, salt, pepper, oil, broccoli, brown sugar, orange juice

Sn: gf pretzels

Day 4

Breakfast:

- GF Morning Glory Muffins
- Fresh Fruit

Lunch:

- Turkey Bolognese
- GF Penne
- Green Peas
- Fresh Fruit

Snack:

- GF Peach Yogurt
- Fresh Fruit

Ingredients:

Br: gf bagel, butter

Ln: ground turkey, gf penne, peas, tomato sauce, garlic, thyme, oregano, tomato paste, oil, basil

Sn: yogurt, peaches, sugar, honey, vanilla

Day 5

Breakfast:

- Chex Cereal
- Fresh Fruit

Lunch:

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

Snack:

- Cinnamon Applesauce
- Fresh Fruit

Ingredients:

Br: chex cereal

Ln: chicken breast, gf 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