CITY FRESH FOODS

September 2026
Breakfast & Lunch Aware of the Top 9 Allergens

Delivering health one meal at a time!

Meals are served with a variety of fresh fruit at each meal. Options may vary based on food allergies.

Please be aware, that while we strive to prepare fresh, safe and nutritious meals for individuals with food allergies, we are a large scale food service operator and we do have a variety of foods containing gluten, fish, shellfish, egg, milk and soybean on premise. Please contact City Fresh Foods for further questions on meal preparation.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit August 31st	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit 1	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit 2	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Homemade Turkey Meatballs w/ Marinara, Gluten Free Pasta, Broccoli, Fruit 3	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Crispy Chicken, Quinoa, Plantains, Fruit 4
Holiday - No Meals 7	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Pizza w/ BBQ Chicken & Dairy-Free Cheese, Carrots, Fruit 8	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken & Dairy-Free Cheese Quesadilla w/ Corn Tortilla, Black Beans, Fruit 9	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken Taco "Casserole", Quinoa, Corn & Peppers, Fruit 10	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Broccoli, Fruit 11
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Turkey Meatballs, Brown Rice, Zucchini Squash, Fruit 14	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative BBQ Chicken, Brown Rice, Broccoli, Fruit 15	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative American Chop Suey with Gluten Free Pasta (Turkey), Carrots, Fruit 16	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Chicken Fajitas w/ Peppers, Onions & Dairy-Free Cheese, Corn Tortilla, Corn, Fruit 17	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Caribbean Chicken w/ Peppers, Whole Grain Grits, Black Beans, Fruit 18
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Pulled Honey Jerk Chicken Sandwich, Gluten Free Bun, Brussel Sprouts, Fruit 21	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Pizza w/ Dairy-Free Cheese & BBQ Chicken, Broccoli, Fruit 22	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Gluten Free Crispy Chicken Sandwich, Gluten Free Bun, Sweet Potatoes, Fruit 23	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Falafel Bites, Brown Rice, Zucchini Squash, Fruit 24	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet Potato & Black Bean Nachos w/ Dairy-Free Cheese, Corn Tortilla Chips, Fruit 25
Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Turkey Bolognese, Gluten Free Pasta, Carrots, Fruit 28	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Honey Mustard Chicken, Gluten Free Pasta, Brussel Sprouts, Fruit 29	Breakfast Cereal (Variety), Fruit, Milk or Milk Alternative Sweet & Sour Chicken, Whole Grain Brown Rice, Corn w/ Peppers, Fruit 30		

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.