

spring menu

march
april
may }

Grass Fed, All Natural and Organic Proteins
All Natural & Organic Grain
Local and Organic Fresh Fruit/Veg*
✓Vegetarian Option

monday	tuesday	wednesday	thursday	friday
March 26th ✓ Ravioli Marinara Local Green Peas Poached Pears Whole Grain Bread	March 27th Chicken Nuggets w/ Dip ✓ Veggie Burger Creamed Corn Fresh Melon	March 28th Creamy Mac & Cheese Local Green Beans Fresh Orange Slices Whole Grain Bread	March 1st, 29th Turkey Sloppy Joes ✓ Veggie Sloppy Joes Local Carrots Fresh Pineapple Whole Grain Bun	March 2nd, 30th Grilled Lemon Chicken ✓ Lemon Veg Chicken Roasted New Potatoes Fresh Fruit Salad Whole Grain Bread
March 5th ✓ Rotini Alfredo Spring Veggies Fresh Cantaloupe Whole Grain Bread	March 6th Tallgrass Meatballs ✓ Veggie Bites Whipped Potatoes Homemade Applesauce Whole Grain Bread	March 7th ✓ Honey Glazed Turkey ✓ Tofurkey Local Green Beans Fresh Honeydew Whole Grain Bread	March 8th Adobo Chicken ✓ Veg Chicken Veggie Medley Fresh Orange Slices Whole Grain Bread or Brown Rice	March 9th Cheesy Calzones w/ Dipping Sauce Local Peas Fresh Fruit Salad
March 12th ✓ Pasta Shells w/ Three Cheese Sauce Steamed Broccoli Fresh Melon	March 13th ✓ Gorilla's Grilled Cheese Local Green Beans Fresh Pineapple	March 14th Mediterranean Chicken ✓ Veg Chicken Cucumber Moons Fresh Orange Slices Pita Slices	March 15th All Natural Hot Dog Strips ✓ Tofurkey Dogs Sweet Potato Fries Fresh Melon Whole Grain Bread	March 16th ✓ Gorilla's Three Cheese Pizza Fresh Broccoli Apple Slices or Applesauce
March 19th Penne w/ Turkey Sausage ✓ Penne Marinara Local Spring Peas Fresh Melon	March 20th Orange Chicken ✓ Tofu Strifry Steamed Broccoli Fresh Pineapple Whole Grain Bread	March 21st Juicy Grass Fed Beef Burgers ✓ GG's Veggie Burgers Creamed Corn Fresh Apple Slices Whole Grain Buns	March 22nd ✓ Tandoori Chicken ✓ Tandoori Veg Chicken Veggie Blend Banana Halves Naan Bread	March 23rd Sustainable Fish Tenders ✓ Potato Latke Roasted Carrots Fresh Fruit Salad

nut free kitchen!
scratch cooking

*Sides may change based on freshness and availability

Entrée

Ingredients

Adobo Chicken	Amish chicken, oregano, garlic, tumeric, paprika, onion, olive oil, salt,
All Natural Hot Dog	Tallgrass beef, all natural hot dog
Penne w/ Turkey Sausage	Penne pasta: durum wheat semolina flour, water; mozzarella, parmesan, turkey sausage, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,
Cheesy Quesadillas	Cheddar cheese, Monterey jack cheese, flour tortillas
Cheesy Pizza	Tomato, whole wheat flour, hi pro unbleached flour, onion, salt, garlic, olive oil, mozzarella cheese, parmesan cheese, provolone cheese, yeast, water, italian seasoning
Lemon Chicken	Amish chicken, chicken stock, lemon juice, flour, olive oil, salt and pepper.
Orange Chicken	Amish chicken, orange juice, lemongrass, ginger, soy sauce, rice vinegar, brown sugar, orange juice, corn starch, garlic, salt, pepper, olive oil
Cheesy Calzones w/ tomato dipping sauce	Hi pro flour, whole wheat flour, water, salt, mozzarella cheese, parmesan cheese, ricotta cheese, salt, pepper, Dipping Sauce: diced tomatoes, tomato sauce, tomato paste, olive oil, garlic, onions, salt, pepper, basil.
Grilled Cheese	Cheddar cheese, mozzarella cheese, whole grain bread, unsalted butter
Fish tenders	Fish (skinned), bread crumbs, flour, eggs, salt and pepper.
Mediterranean Chicken	Amish chicken, oregano, lemon juice, olive oil, salt and pepper
Mac & Cheese	Elbow pasta: durum wheat semolina flour, water, cheddar cheese, dijon mustard, milk, parmesan cheese, sea salt, vegetable broth
Chicken Nuggets	Amish chicken, breadcrumbs, salt, pepper, parmesan cheese, eggs, flour, salt, pepper
Honey Glazed Turkey	Turkey breast, canola oil, chicken broth, salt, pepper, onions, garlic, sage, cornstarch, honey, flour
Pasta w/ Three Cheese Sauce	Rotini pasta, mozzarella, swiss, parmesan, milk, flour, butter, salt, pepper.
Rotini Alfredo	Rotini: durum wheat semolina flour, water. Mozzarella cheese, parmesan, butter, milk, salt, pepper, olive oil
Tandoori Chicken	Amish chicken, garlic, olive oil, garam masala, cumin, tumeric, coriander, yellow onion, yogurt, lemon juice
Tallgrass beef meatballs	Tallgrass beef, tomato sauce (tomato, onion, salt, pepper, Italian seasoning), onion, breadcumbs, ketchup, brown sugar, garlic, mustard
Tallgrass beef burgers	Tallgrass beef, onion, breadcumbs, ketchup, brown sugar, garlic, mustard
Ravioli Marinara	Tortellini: semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. Marinara: diced tomatoes, tomato sauce, tomato paste, olive oil, garlic, onions, salt, pepper, basil.
Turkey Sloppy Joe	Ground turkey, tomato sauce, tomato paste, ketchup, black pepper, salt, onions, green pepper, brown sugar, dijon mustard, garlic

Entrée

Ingredients

Adobo Vegetarian Chicken	Chicken Alternative*, oregano, garlic, tumeric, paprika, onion, olive oil, salt,
All Natural Tofu Dog	Tofu dog
Penne Marinara	Penne pasta: durum wheat semolina flour,water; mozzarella , parmesan, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,
Cheesy Quesadillas	Cheddar cheese, Monterey jack cheese, flour tortillas
Cheesy Pizza	Tomato, whole wheat flour, hi pro unbleached flour, onion, salt, garlic, olive oil, mozzarella cheese,parmesan cheese, provolone cheese, yeast, water, italian seasoning
Lemon Vegtarian Chicken	Chicken alternative*,vegetarian stock, lemon juice, flour, olive oil, salt and pepper.
Orange Chicken	Chicken alternative*, orange juice, lemongrass, ginger, soy sauce, rice vinegar, brown sugar, orange juice, corn starch, garlic, salt, pepper, olive oil
Cheesy Calzones w/ tomato dipping sauce	Hi pro flour, whole wheat flour, water, salt, mozzarella cheese, parmesan cheese, ricotta cheese, salt, pepper, Dipping Sauce: diced tomatoes, tomato sauce, tomato paste, olive oil, garlic, onions, salt, pepper, basil.
Grilled Cheese	Cheddar cheese,mozzarella cheese, whole grain bread, unsalted butter
Potato Latkes	Potato, olive oil, salt, eggs, butter
Mediterranean Vegetarian Chicken	Vegetarian chicken, oregano, lemon juice, olive oil, salt and pepper
Mac & Cheese	Elbow pasta: durum wheat semolina flour,water, cheddar cheese, dijon mustard, milk, parmesan cheese, sea salt, vegetable broth
Vegetarian Chicken Nuggets	Chicken alternative*, breadcrumbs, salt, pepper, parmesan cheese, eggs, flour, salt, pepper
Honey Glazed Tofu	Tofu, canola oil, vegetarian broth, salt, pepper, onions, garlic, sage, cornstarch, honey, flour
Pasta w/ Three Cheese Sauce	Rotini pasta, mozzarella, swiss, parmesan, milk, flour, butter, salt, pepper.
Rotini Alfredo	Rotini: durum wheat semolina flour,water. Mozzarella cheese, parmesan, butter, milk, salt, pepper, olive oil
Tandoori Chicken	Chicken alternative*, garlic, olive oil, garam masala, cumin, tumeric, coriander, yellow onion, yogurt, lemon juice
Vegetarian meatballs	Textured vegetable protein, egg whites, cooked brown rice, rolled oats, corn oil, soy sauce, onion powder, salt, cornstarch, garlic powder, sugar, mushrooms, water chestnuts, onion, carrots, green and red bell peppers, brown rice, and rolled oats
Veggie burgers	Textured vegetable protein, egg whites, cooked brown rice, rolled oats, corn oil, soy sauce, onion powder, salt, cornstarch, garlic powder, sugar, mushrooms, water chestnuts, onion, carrots, green and red bell peppers, brown rice, and rolled oats
Ravioli Marinara	Tortellini: semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. Marinara: diced tomatoes, tomato sauce, tomato paste, olive oil, garlic, onions, salt, pepper, basil.
Veggie Sloppy Joe	Ground seitan, tomato sauce, tomato paste, ketchup, black pepper, salt, onions, green pepper, brown sugar, dijon mustard, garlic
Chicken alternative*	textured vegetable protein, egg whites, cooked brown rice, rolled oats, corn oil, soy sauce, onion powder, salt, cornstarch, garlic powder, sugar, mushrooms, water chestnuts, onion, carrots, green and red bell peppers, black olives, brown rice, and rolled oats

Spring Vegan Ingredient List



Entrée	Ingredients
Adobo Tofu	Tofu, oregano, garlic, tumeric, paprika, onion, olive oil, salt,
All Natural Tofu Dog	Tofu dog
Penne Marinara	Gluten free penne pasta: vegan mozzarella, basil, diced canned tomatoes, garlic, olive oil, pepper, sea salt, sweet yellow onions, tomato paste,
Cheesy Quesadillas	Vegan Cheddar cheese, corn tortillas
Lemon Tofu	Tofu, vegetarian stock, lemon juice, olive oil, salt and pepper.
Orange Tofu	Tofu, orange juice, lemongrass, ginger, soy sauce, rice vinegar, brown sugar, orange juice, corn starch, garlic, salt, pepper, olive oil
Potato Latkes	Potato, olive oil, salt, butter
Mediterranean Vegetarian Tofu	Tofu oregano, lemon juice, olive oil, salt and pepper
Mac & Cheese	Gluten Free elbow pasta: vegan cheddar cheese, dijon mustard, soy milk, sea salt, vegetable broth
Honey Glazed Tofu	Tofu, canola oil, vegetarian broth, salt, pepper, onions, garlic, sage, cornstarch, honey, flour
Pasta w/ Three Cheese Sauce	Gluten free rotini pasta, vegan mozzarella, soy milk, salt, pepper.
Tandoori Tofu	Tofu, garlic, olive oil, garam masala, cumin, tumeric, coriander, yellow onion, yogurt, lemon juice
Three Bean Chili	Elbow Pasta, Tomato, Black Beans, Red Beans, Pinto Beans, Cheddar Cheese, Onion, Salt, Pepper
Vegetarian meatballs	textured vegetable protein, cooked brown rice, rolled oats, corn oil, soy sauce, onion powder, salt, cornstarch, garlic powder, sugar, mushrooms, water chestnuts, onion, carrots, green and red bell peppers, brown rice, and rolled oats
Veggie Burgers	textured vegetable protein, cooked brown rice, rolled oats, corn oil, soy sauce, onion powder, salt, cornstarch, garlic powder, sugar, mushrooms, water chestnuts, onion, carrots, green and red bell peppers, brown rice, and rolled oats
Veggie Sloppy Joe	Ground seitan, tomato sauce, tomato paste, ketchup, black pepper, salt, onions, green pepper, brown sugar, dijon mustard, garlic

The Gourmet Gorilla Kitchen is a nut free facility, however some of the ingredients used may be processed in facilities that contain nuts. Please contact us for additional product information.