

# Gluten-Free Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>B:</b> Tapsilog, Fresh Tomatoes <b>L:</b> Grilled Chicken Caesar Salad, <b>D:</b> Spicy Crunchy Tofu with Brown Rice, Allergy-Free Brownies	<b>B:</b> Spicy Sardines in Tomato Sauce + Brown Rice, <b>L:</b> Gado-Gado, <b>D:</b> Oven-Roasted Lechon, Rice + Green Papaya Salad	<b>B:</b> Tocilog, <b>L:</b> Arroz Caldo, <b>D:</b> Cobb Salad + Veggie Tempura (Besan batter)	<b>B:</b> Longsilog, <b>L:</b> Chef Salad, Potato Chips <b>D:</b> Pork Barbecue and Achara	<b>B:</b> Puto, <b>L:</b> Greek Salad, <b>D:</b> Oven-Fried Spicy Chicken Wings and Rice, Fennel and Pear Salad	<b>B:</b> Chilaquiles, <b>L:</b> Shrimp Pad Thai, <b>D:</b> Baked Salmon in Parchment, Rice and Bok Choy	<b>B:</b> Tuyo, and Brown Rice <b>L:</b> Chili on Rice or Baked Potato, <b>D:</b> Spaghetti Putanesca, Celery and Walnut Salad
<b>B:</b> Corned Beef, <b>L:</b> Tostadas de Pollo, Virgin Pina Colada <b>D:</b> Bistek and Rice, Tomato and Salted Egg Salad, Raspberry Sorbet	<b>B:</b> Suman, <b>L:</b> Chicken and Potato Salad, Mango Smoothie, <b>D:</b> Adobo and Rice, Grilled Veggies	<b>B:</b> Grilled Fish, <b>L:</b> Onigiri, <b>D:</b> Caribbean Grilled Chicken on Rice, <b>D:</b> Bul Gogi, Kimchee and Rice	<b>B:</b> Hotdogs, <b>L:</b> Hongos Rellenos, <b>D:</b> Lentil Salad with Cornichons and Dried Sausages, Grilled Polenta	<b>B:</b> Grain-Free Granola, <b>L:</b> Sauteed Squid on Rice, Pickled Cukes and Carrots <b>D:</b> Honey-Mustard Ham on Rice + Green Salad	<b>B:</b> Tinapa, <b>L:</b> Sweet and Sour Shrimp on Rice, <b>D:</b> Rice Pasta with Broccoli in Almond Butter-Ginger Sauce	<b>B:</b> Gluten-free Cinnamon buns, <b>L:</b> Tortillas with Black Bean Dip, <b>D:</b> Chicken Tinola
<b>B:</b> Corn Tortillas+Cinnamon Sugar, <b>L:</b> Pansit Bihon, <b>D:</b> Apritada and Rice, Chocolate "Gelato"	<b>B:</b> Spicy Crunchy Baby Shrimp with Rice and Pickled Cucumbers, <b>L:</b> Sotanghon Soup, <b>D:</b> BBQ Ribs and Sloppy Joe on Rice, Apple Cole Slaw with Poppy Seed Dressing	<b>B:</b> Sausages and Roast Potatoes, <b>L:</b> Picadillo on Rice, <b>D:</b> Calamari and Rice Mediterranean Salad	<b>B:</b> Allergy-free lemon poppyseed muffins, <b>L:</b> Veggie Lasagne, <b>D:</b> Roast Chicken, Rice Pasta Salad	<b>B:</b> Allergy-free Yogurt Cake, <b>L:</b> Grilled Salmon with Yogurt-Cucumber Sauce and Roast Potatoes, <b>D:</b> Garlic Steak, Baked Apple Slices	<b>B:</b> Smoked Bangus Belly and Rice, <b>L:</b> Bean Soup and Beer Bread, <b>D:</b> Broiled Mussels, Butterfish and Rice, Roasted Maple Brussel Sprouts	<b>B:</b> Bacon and Roast Potatoes, <b>L:</b> Spinach Salad with Warm Bacon Dressing, Strawberry Smoothie, <b>D:</b> Shrimp and Garlicky Kale on Polenta
<b>B:</b> Congee, <b>L:</b> "Cream" of Mushroom Soup, Pineapple-Orange-Banana Smoothie, <b>D:</b> Potatoes Anna, Green Salad with Raspberry Dressing and Cold Cuts, Creme a la Coeur with Strawberry-Raspberry Sauce	<b>B:</b> Rice Muffins, Taho <b>L:</b> Tortang Talong with Rice, <b>D:</b> Allergy-Free Mac and Cheese, Sauteed Swiss Chard	<b>B:</b> Banana-Almond-Cinnamon Smoothie, <b>L:</b> Green Bean, Turkey and Farro Salad, <b>D:</b> Fresh Spring Rolls and Thai Chicken-Coconut Soup	<b>B:</b> Panuchos, <b>L:</b> Wild Rice, Grilled Shrimp, and Edamame Salad, <b>D:</b> Sinigang (Bangus, Shrimp or Ribs)	<b>B:</b> Champorado <b>L:</b> Blackened Catfish, Brown Rice, Grilled Veggies <b>D:</b> Pork and Beef Meatloaf with Rice, Green Salad with Ranch Dressing	<b>B:</b> Fried Plantains, <b>L:</b> Grilled Polenta and Shrimp in Barbecue Sauce, <b>D:</b> Lobster Paella	<b>B:</b> Hash Browns and Sausages, <b>L:</b> Flank Steak Salad, <b>D:</b> Chop Suey and Brown Rice
<b>B:</b> Toasted Quinoa with applesauce, berries and almond, <b>L:</b> Pansit Palabok, <b>D:</b> Pinakbet, Leche Flan	<b>B:</b> Allergy-Free Blueberry Muffins, <b>L:</b> Italian Wedding Soup, <b>D:</b> Black Bean, Rice, Corn and Avocado Salad with Lime-Cilantro Dressing	<b>B:</b> Rice, Broiled Fish, Miso Soup and Tsukemono, <b>L:</b> Crab and Avocado Sushi Rolls, <b>D:</b> Talongganisa				