

# ALLERGEN GUIDE

M = MILK (Milk Free options listed on Page 6)  
 E = EGGS  
 F = FISH  
 T = TREE NUTS  
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		M	E	F	T	P	W	S	G	No Allergens
<b>Organic Dishes</b>										
101060	Organic Spicy Omelet	M	E							
101061	Organic Tofu Scramble	M	E					S		
101068	Organic Peanut Butter & Raisin Oatmeal					P				
101064	Organic Scrambled Eggs		E							
101470	Organic Tofu Pesto	M					W	S	G	
101472	Organic Spinach Puttanesca	M					W		G	
101474	Organic Sicilian Lasagna	M					W	S	G	
101476	Organic Couscous	M					W		G	
101478	Organic Black Bean Chili	M						S		
101480	Organic Yakisoba Noodles						W	S	G	
101664	Organic Blueberry D'Lite									NONE
<b>Breakfast Dishes</b>										
102000	Spicy Cheese Omelet	M	E							
102001	Scrambled Eggs	M	E							
104001	Scrambled Eggs	M	E							
102002	Scramble Eggs with Baco Bits	M	E					S		
102003	Denver Omelet		E							
102012	Huevos Rancheros	M	E					S		
102015	Granola with Blueberries & Milk	M			T		W		G	
102017	Granola with Bananas & Milk	M			T		W		G	
102019	Cinnamon Muesli & Milk	M			T		W		G	
102080	Biscuits and Gravy	M					W	S	G	
104006	Buttermilk Pancake Mix	M	E				W	S	G	
104903	Egg Mix - Makes 12 Eggs	M	E							
<b>Vegetarian Entrees</b>										
102301	Cold Pasta Salad with Vegetables	M					W		G	
102302	Chana Masala									NONE
102303	Pad Thai					P		S		
102305	Wild West Chili & Beans	M					W	S	G	
104305	Wild West Chili & Beans	M					W	S	G	
102306	Lasagna	M					W	S	G	
104306	Lasagna	M					W	S	G	
102307	Louisiana Red Beans & Rice									NONE
104307	Louisiana Red Beans & Rice									NONE
102308	Spicy Thai Peanut Sauce					P	W	S	G	
102309	Katmandu Curry									NONE
102314	Black Bean Tamale Pie	M								
102350	Spaghetti and Sauce						W	S	G	
104350	Spaghetti and Sauce						W	S	G	
102355	Macaroni and Cheese	M					W	S	G	
102360	Pasta Vegetable Parmesan	M					W	S	G	
<b>Salmon Entrees</b>										
102450	Pesto Salmon with Pasta	M		F	T		W		G	
102453	Southwestern Smoked Salmon Pasta	M		F			W	S	G	
<b>Beef Entrees</b>										
102403	Italian Pasta with Beef	M					W	S	G	
102404	Mexican Rice with Beef	M					W		G	
102405	Shepherds Pie Stew with Beef	M						S		
102407	Broccoli & Beef Stir-fry						W	S	G	
102408	Thai Satay with Beef					P	W	S	G	
102410	Stroganoff w/ Beef & Wild Mushrooms	M					W	S	G	
104410	Stroganoff w/ Beef & Wild Mushrooms	M					W	S	G	
102415	Beef Stew	M					W	S	G	
104415	Beef Stew	M					W	S	G	
102455	Chili Macaroni w/ Beef						W		G	
104455	Chili Macaroni w/ Beef						W		G	
102485	Mashed Potatoes & Gravy with Beef	M					W	S	G	

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<b>Chicken Entrees</b>									
102310	Pad See You with Chicken					W	S	G	
102430	Sweet & Sour Chicken					W	S	G	
102431	Noodle Bowl with Chicken					W	S	G	
102432	Santa Fe Chicken	M				W	S	G	
102434	Kung Pao Chicken				P	W	S	G	
102435	Chicken Cashew Curry			T		W	S	G	
102437	Chicken & Rice	M				W	S	G	
104437	Chicken & Rice	M				W	S	G	
102438	Jamaican BBQ Chicken					W	S	G	
102439	Cajun Chicken	M				W	S	G	
104439	Cajun Chicken	M				W	S	G	
102440	Hawaiian Chicken					W	S	G	
102433	Tomato Basil Chipotle Pasta w/ Chicken	M				W	S	G	
102446	Chicken Vindaloo								NONE
102460	Chicken & Dumplings	M				W	S	G	
104460	Chicken & Dumplings	M				W	S	G	
102425	Potatoes and Stuffing with Chicken	M				W	S	G	
102422	Vegetable Risotto with Chicken	M				W	S	G	
102420	Fettuccini Alfredo with Chicken	M				W	S	G	
<b>Side Dishes</b>									
102110	Applesauce						S		
102503	Vegetable Medley	M							
104510	Corn								NONE
102519	Garlic Herb Mashed Potatoes	M							
102522	Bacon & Cheddar Mashed Potatoes	M					S		
102525	Green Bean Almondine								
104525	Green Bean Almondine				T				
102540	Sicilian Mixed Vegetables								NONE
<b>Desserts</b>									
102206	Neapolitan Ice Cream	M							
102207	Ice Cream Sandwich	M				W	S	G	
102208	Mint Chocolate Chip Ice Cream	M							
102209	Polar Bear Ice Cream	M				W	S	G	
102610	Cheesecake	M				W	S	G	
102612	Dark Chocolate Cheesecake	M				W	S	G	
102615	Apple D'Lite						S		
102624	Chocolate S'mores	M				W	S	G	
102625	Hot Apple Cobbler	M	E			W	S	G	
104625	Hot Apple Cobbler	M	E			W	S	G	
102639	Banana Cream Pie	M				W	S	G	
102640	Mocha Mousse Pie	M				W	S	G	
102650	Strawberry Cheesecake	M				W	S	G	
102655	Peaches & Cream Pie	M				W	S	G	
<b>Snacks, Spreads &amp; Oils</b>									
102135	Freeze-dried Strawberries								NONE
102220	Gorp Snack	M			P		S		
104022	Olive Oil (6 Pack)								NONE
104210	Mountain Bread					W	S	G	
104226	Peanut Butter (4 Pack)				P				
104227	Salsa Mix								NONE
104228	Fruit Jelly (4 Pack)								NONE
104224	Cheddar Cheese (4 Pack)	M							
104229	Jalapeno Cheese (4 Pack)	M							
<b>Freeze-dried Meats</b>									
104815	Freeze-dried Cooked Beef								NONE
104820	Freeze-dried Cooked Chicken								NONE

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Vegan Options	
101068	Organic Peanut Butter & Raisin Oatmeal
101664	Organic Blueberry D'Lite
101480	Organic Yakisoba Noodles
102110	Applesauce
102135	Freeze-dried Strawberries
102302	Chana Masala
102309	Katmandu Curry
102303	Pad Thai
102307	Louisiana Red Beans & Rice
104307	
102350	Spaghetti and Sauce
104350	
104510	Corn
102525	Green Bean Almondine
104525	
102540	Sicilian Mixed Vegetables
102615	Apple D'Lite
104227	Salsa Mix
104022	Olive Oil (6 Pack)
104226	Peanut Butter (4 Pack)
104228	Fruit Jelly (4 Pack)

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<b>Gluten &amp; Wheat-Free Options</b>									
101060									
101061									
101064									
101068									
101478									
101664									
102000									
102001									
104001									
102002									
102003									
102012									
102110									
102135									
102206									
102208									
102220									
102302									
102303									
102307									
104307									
102309									
102314									
102405									
102446									
102503									
102519									
102522									
102540									
102615									
104022									
104226									
104227									
104228									
104224									
104229									
102525									
104525									
104510									
104815									
104820									
104901									

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## Soy-Free Options

101060	Organic Spicy Omelet
101064	Organic Scrambled Eggs
101068	Organic Peanut Butter & Raisin Oatmeal
101472	Organic Spinach Puttanesca
101476	Organic Couscous
101664	Organic Blueberry D'Lite
102000	Spicy Cheese Omelet
102001	Scrambled Eggs
104001	
102003	Denver Omelet
102015	Granola with Blueberries & Milk
102017	Granola with Bananas & Milk
102019	Cinnamon Muesli & Milk
102135	Freeze-dried Strawberries
102206	Neapolitan Ice Cream
102208	Mint Chocolate Chip Ice Cream
102301	Cold Pasta Salad with Vegetables
102302	Chana Masala
102307	Louisiana Red Beans & Rice
104307	
102309	Katmandu Curry
102314	Black Bean Tamale Pie
102404	Mexican Rice with Beef
102420	Fettuccini Alfredo with Chicken
102446	Chicken Vindaloo
102450	Pesto Salmon with Pasta
102455	Chili Macaroni w/ Beef
104455	
102503	Vegetable Medley
102519	Garlic Herb Mashed Potatoes
102525	Green Bean Almondine
104525	
102540	Sicilian Mixed Vegetables
104022	Olive Oil (6 Pack)
104226	Peanut Butter (4 Pack)
104227	Salsa Mix
104228	Fruit Jelly (4 Pack)
104224	Cheddar Cheese (4 Pack)
104229	Jalapeno Cheese (4 Pack)
104510	Corn
104815	Freeze-dried Cooked Beef
104820	Freeze-dried Cooked Chicken
104901	Egg Mix - Makes 16 Eggs

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## Milk-Free Options

101064	Organic Scrambled Eggs
101664	Organic Blueberry D'Lite
101068	Organic Peanut Butter & Raisin Oatmeal
101480	Organic Yakisoba Noodles
102001	Scrambled Eggs
104001	Scrambled Eggs
102002	Scramble Eggs with Baco Bits
102003	Denver Omelet
102110	Applesauce
102135	Freeze-dried Strawberries
102302	Chana Masala
102303	Pad Thai
102307	Louisiana Red Beans & Rice
104307	Louisiana Red Beans & Rice
102308	Spicy Thai Peanut Sauce
102309	Katmandu Curry
102310	Pad See You with Chicken
102350	Spaghetti and Sauce
104350	Spaghetti and Sauce
102407	Broccoli & Beef Stir-fry
102408	Thai Satay with Beef
102430	Sweet & Sour Chicken
102431	Noodle Bowl with Chicken
102434	Kung Pao Chicken
102435	Chicken Cashew Curry
102438	Jamaican BBQ Chicken
102440	Hawaiian Chicken
102446	Chicken Vindaloo
102455	Chili Macaroni w/ Beef
104455	Chili Macaroni w/ Beef
102525	Green Bean Almondine
104525	Green Bean Almondine
102540	Sicilian Mixed Vegetables
102615	Apple D'Lite
104022	Olive Oil (6 Pack)
104210	Mountain Bread
104226	Peanut Butter (4 Pack)
104227	Salsa Mix
104228	Fruit Jelly (4 Pack)
104510	Corn
104815	Freeze-dried Cooked Beef
104820	Freeze-dried Cooked Chicken
104901	Egg Mix - Makes 16 Eggs