

No Seafood Menu Plan Allergens



Week of: 3/2/2026

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Open Faced Asparagus & Gruyere Omelet	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Chocolate Hazelnut Crepe	Wheat, Egg, Milk, Hazelnuts and Soy.	Wheat, Egg, Milk, Hazelnuts and Soy.
Berry Colada Parfait	Milk.	Milk.
Biscuits & Sausage Gravy	Milk, Egg, Wheat and Soy.	Milk, Egg, Wheat and Soy.
Moroccan Chicken Skewers	Milk and Pistachios.	Milk and Pistachios.
Baja Chicken Tinga Wrap	Soy, Wheat and Milk.	Soy, Wheat and Milk.
Fresh Fruit and Cottage Cheese Plate	Milk, Wheat, Soy and Sesame.	Milk, Wheat, Soy and Sesame.
Chicken Salad on Croissant	Soy, Egg, Milk, Wheat, Almonds, Walnuts, Hazelnuts, Pecans and Sesame.	Soy, Egg, Milk, Wheat, Almonds, Walnuts, Hazelnuts, Pecans and Sesame.
Cauliflower Tikka Masala	Milk, Wheat and Soy.	Milk, Wheat and Soy.
Roast Turkey in Dijon Cream Sauce	Milk.	Milk.
Nonna Sutton's Lasagna	Wheat, Milk and Egg.	Wheat, Milk and Egg.
Sweet & Sour Chicken	Wheat, Egg, Soy, Milk and Sesame.	Milk, Wheat, Egg, Soy and Sesame.
Egg Fonduta	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Wild Blackberry Parfait	Milk and Hazelnuts.	Milk and Hazelnuts.
Strawberry Cheesecake French Toast	Wheat, Egg, Milk and Soy.	Wheat, Egg, Milk and Soy.
Broccoli Cheddar Soup & Salad	Milk, Soy, Wheat and Egg.	Milk, Soy, Wheat and Egg.
Chicken & Dumplings	Milk, Soy, Wheat and Egg.	Milk, Soy, Wheat and Egg.
Mushroom Swiss Chicken Burger	Soy, Egg, Wheat, Milk and Sesame.	Soy, Egg, Wheat, Milk and Sesame.
Raspberry Goat Cheese Salad	Milk (Goat & Cow), Pistachios and Wheat.	Milk (Goat & Cow), Pistachios and Wheat.
Rustic Zucchini Cavatappi	Soy, Wheat, Almonds, Egg and Milk (cow & goat).	Soy, Wheat, Almonds, Egg and Milk (cow & goat).
Chicken Enchilada Bake	Soy, Egg and Milk.	Milk, Soy and Egg.

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No Seafood Menu Plan Allergens



Week of: 3/9/2026

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Peach Berry Blintz	Milk, Wheat, Egg and Soy.	Milk, Wheat, Egg and Soy.
Cheesy Baked Egg Casserole	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Strawberry Chia Oatmeal	Milk and Almonds.	Milk and Almonds.
Ciabatta Egg Sandwich	Wheat, Sesame, Egg, Milk and Soy.	Egg, Milk, Soy, Wheat and Sesame.
Chili Tempeh Salad	Soy, Egg, Wheat, Sesame and Cashews.	Soy, Egg, Wheat, Sesame and Cashews.
Curry Chicken Salad	Milk, Soy, Egg, Pecan, Peanut, Wheat and Sesame.	Milk, Soy, Egg, Pecan, Peanut, Wheat and Sesame.
Tuscan Bean Soup & Crostata	Soy, Milk, Sesame and Wheat.	Soy, Milk, Sesame and Wheat.
Lou's Bleu Burger	Egg, Milk, Soy and Wheat.	Milk, Soy, Egg and Wheat.
Penne Vodka Meatballs	Milk, Soy, Pistachios, Egg and Wheat.	Milk, Soy, Pistachios, Wheat and Egg.
Garden Tamale Bowl	Milk, Soy, Almonds and Cashews.	Milk, Soy, Almonds and Cashews.
Chicken Linguini Alfredo	Milk, Soy and Wheat.	Milk, Soy and Wheat.
Honey Peach BBQ Chicken	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Blueberry Almond Torta	Milk, Egg, Wheat and Almonds.	Milk, Egg, Wheat and Almonds.
Hashbrown Casserole	Egg, Milk and Soy.	Egg, Milk, Soy and Wheat.
Cheddar & Sausage Breakfast Casserole	Egg, Soy, Milk, Wheat and Almonds.	Egg, Soy, Milk, Wheat and Almonds.
Gemelli Pasta Salad	Wheat, Pine Nuts, Milk, Egg and Soy.	Wheat, Pine Nuts, Milk, Egg and Soy.
Margherita Flatbread Pizza	Milk and Egg.	Milk, Egg and Soy.
Chili Con Carne	Soy and Milk.	Soy and Milk.
Greek Chickpea Feta Fritter	Egg, Milk and Wheat.	Egg, Milk and Wheat.
Marry Me Chicken	Milk, Soy, Wheat, Egg and Almonds.	Milk, Soy, Wheat, Egg and Almonds.
Chicken Carnitas	Milk and Soy.	Milk and Soy.

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No Seafood Menu Plan Allergens



Week of: 3/16/2026

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Strawberry Poppyseed Bread	Wheat, Egg and Milk.	Milk, Wheat and Egg.
Swiss Cheese Egg Bake	Egg, Milk, Soy and Wheat.	Egg, Milk, Soy and Wheat.
Morning Protein Plate	Egg, Wheat, Milk, Hazelnuts and Sesame.	Egg, Wheat, Milk, Hazelnuts and Sesame.
Bacon & Egg Bagel Sandwich	Wheat, Soy, Egg and Milk.	Wheat, Soy, Egg and Milk.
Chicken Gyro Bowl	Wheat, Milk, Soy and Sesame.	Wheat, Milk, Soy and Sesame.
Asian Chopped Salad	Soy, Sesame, Wheat and Almonds.	Soy, Sesame, Wheat and Almonds.
Homestyle Roasted Turkey Sandwich	Milk, Soy, Wheat and Sesame.	Milk, Soy, Wheat and Sesame.
Chipotle Black Bean Burger	Soy, Egg, Almonds, Wheat, Milk and Sesame.	Soy, Egg, Almonds, Wheat, Milk and Sesame.
Cajun Vegetarian Etouffee	Wheat, Milk, Soy and Egg.	Wheat, Milk, Soy and Egg.
Tortelloni Pomodoro	Egg, Milk and Almonds.	Egg, Milk and Almonds.
BBQ Meatloaf & Cheddar Mash	Wheat, Milk, Sesame, Egg, Pecan and Soy.	Wheat, Milk, Sesame, Egg, Pecan and Soy.
Chicken Matzo Ball Soup	Milk, Soy, Egg, Wheat and Almonds.	Milk, Soy, Egg, Wheat and Almonds.
Sunrise Pizza	Wheat, Soy, Milk and Egg.	Wheat, Soy, Milk, and Egg.
Cranberry Oat Bar	Egg and Milk.	Egg and Milk.
Cheesy Egg Strata	Egg, Milk and Wheat.	Egg, Milk, Wheat and Soy.
Bonsai Tofu Bowl	Soy, Wheat, Sesame, Milk, and Egg.	Soy, Wheat, Sesame, Milk, and Egg.
Caesar Salad with Roasted Tomatoes	Egg, Milk, Soy, and Wheat.	Egg, Milk, Soy, and Wheat.
Croque Monsieur	Milk, Egg, and Soy.	Milk, Egg, Soy, and Wheat.
Swedish Meatballs	Milk, Soy, Egg, and Wheat.	Milk, Soy, Egg, and Wheat.
Pasta Verde with Durango Turkey	Wheat, Milk, and Soy.	Wheat, Milk, and Soy.
Butternut Squash Ravioli	Milk, Wheat, Egg, Sesame, and Pecans.	Milk, Wheat, Egg, Sesame, and Pecans.

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No Seafood Menu Plan Allergens



Week of: 3/23/2026

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Wheat Croissant and Brie	Wheat, Milk and Egg.	Wheat, Milk and Egg.
Superfood Brioche French Toast	Egg, Milk, Wheat, and Pecans.	Egg, Milk, Wheat, and Pecans.
Brioche Breakfast Sandwich	Egg, Soy, Milk and Wheat.	Egg, Soy, Milk and Wheat.
Potato & Onion Pancakes	Egg, Soy, Milk, and Wheat.	Egg, Soy, Milk and Wheat.
Broccoli Cheddar Fritter	Egg, Milk, Wheat, Almonds, Pecans, Cashews, and Soy.	Egg, Milk, Wheat, Soy, Almonds, Pecans and Cashews.
Pecan & Poppyseed Chicken Salad	Milk, Soy, Egg, Pecans, Wheat, and Sesame.	Milk, Soy, Egg, Pecans, Wheat, and Sesame.
Loaded Quesadilla & Tortilla Soup	Soy, Wheat, and Milk.	Soy, Wheat and Milk.
Mediterranean Lunch Box	Sesame, Milk, Wheat, and Soy.	Sesame, Milk, Wheat and Soy.
Southwestern Couscous Pilaf	Wheat, Soy, Egg, and Milk.	Wheat, Soy, Egg, and Milk.
Capri Chicken with Quinoa Pilaf	Milk.	Milk.
Pierogi in Mushroom & Tomato Gravy	Wheat, Milk, Soy, and Egg.	Wheat, Milk, Soy, and Egg.
Herbed Turkey Bake	Milk, Soy, Wheat, Egg and Almond.	Milk, Soy, Wheat, Egg and Almond.
Spinach & Goat Cheese Frittata	Egg and Milk (cow & goat).	Egg and Milk (cow & goat).
Bacon & Cheddar Clafoutis	Egg, Milk, and Wheat.	Egg, Milk, and Wheat.
Blueberry Smoothie Bowl	Milk, Macadamia Nuts, and Soy.	Milk, Macadamia Nuts, and Soy.
Veggie Melt	Soy, Milk, Egg, and Wheat.	Soy, Milk, Egg, and Wheat.
Spinach Artichoke Flatbread Pizza	Wheat, Milk, Soy, Egg, and Almonds.	Wheat, Milk, Soy, Egg, and Almonds.
Acapulco Taco Pie	Milk, Egg, and Soy.	Milk, Egg and Soy.
Chicken Cacciatore	Soy, Milk, Cashews, and Almonds.	Soy, Milk, Cashews and Almonds.
Picadillo Cubano	Milk and Soy.	Milk and Soy.
Pesto Cream Penne	Wheat and Milk.	Milk and Wheat.

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No Seafood Menu Plan Allergens



Week of: 3/30/2026

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Egg & Feta Tart	Egg, Milk and Wheat.	Egg, Milk and Wheat.
Chocolate Chia Bowl	Almond, Milk, Soy and Pistachios.	Almond, Milk, Soy and Pistachios.
Orange Berry Waffle	Milk, Wheat, Egg and Soy.	Milk, Wheat, Egg and Soy.
English Muffin Breakfast Sandwich	Wheat, Soy, Egg and Milk.	Wheat, Soy, Egg and Milk.
Tex Mex Black Bean Taco	Soy, Milk, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Smoky Chicken Salad Pita	Soy, Egg, Milk and Wheat.	Soy, Egg, Milk and Wheat.
Genoa Minestrone	Wheat, Soy and Milk.	Wheat, Soy and Milk.
Loaded Potato Soup	Milk and Wheat.	Milk and Wheat.
Italian Sausage Flatbread Pizza	Wheat, Soy and Milk.	Wheat, Soy and Milk.
Thai Coconut Chicken	Soy, Milk and Wheat.	Soy, Milk and Wheat.
Spaghetti Lentil Bolognese	Soy, Wheat and Milk.	Soy, Wheat and Milk.
Salisbury Steak	Wheat, Milk and Soy.	Wheat, Milk and Soy.
Chocolate Pistachio Pancake	Wheat, Milk, Egg, Soy and Pistachios.	Wheat, Milk, Egg, Soy and Pistachios.
Bircher Muesli and Pears	Milk and Almonds.	Milk and Almonds.
Avocado Toast	Egg, Sesame, Wheat and Soy.	Egg, Wheat, Soy and Sesame.
Landry Bay Zucchini Cakes	Egg, Wheat, Soy, Milk and Walnuts.	Egg, Wheat, Soy, Milk and Walnuts.
Verde Chicken Taco	Milk, Soy and Wheat.	Milk, Soy and Wheat.
BBQ Chicken Pizza	Milk and Egg.	Milk and Egg.
Chicken Fricassee	Almonds, Milk, Soy, Wheat and Egg.	Almonds, Milk, Soy, Wheat and Egg.
Traditional Cottage Pie	Wheat, Soy, Milk, Almonds, Hazelnuts and Sesame.	Wheat, Soy, Milk, Almonds, Hazelnuts and Sesame.
Honey Garlic Chicken Bowl	Soy, Wheat, Milk, Egg and Sesame.	Soy, Wheat, Sesame, Milk and Egg.

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