

Signature No Seafood Menu Plan Allergens



Week of: 11/17/2025

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Stuffed Acorn Squash	Pecans, Soy, Milk, Egg and Wheat.	Egg, Milk, Wheat, and Soy.
Open Faced Asparagus & Gruyere Omelet	Egg, Milk, Wheat, and Soy.	Wheat, Egg, Milk, Hazelnuts, and Soy.
Chocolate Hazelnut Crepe	Wheat, Egg, Milk, Hazelnuts, and Soy.	Milk.
Biscuits & Vegetarian Gravy	Milk, Wheat, Soy, and Egg.	Pistachios and Milk.
Moroccan Kofta Bowl	Pistachio and Milk.	Soy, Wheat, and Milk.
Baja Zucchini Tinga Wrap	Soy, Wheat, and Milk.	Milk, Wheat, Soy, and Sesame.
Crab Stuffed Flounder	Flounder, Cod, Crab, Wheat, Egg, Walnuts, and Milk.	Milk, Wheat and Soy.
Cauliflower Tikka Masala	Milk and Wheat.	Milk.
Chipotle Sweet Potato Chili	Soy, Milk, Almonds, and Wheat.	Wheat, Milk, and Egg.
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.
Biscuits & Sausage Gravy	Milk, Egg, Wheat and Soy.	Milk, Egg, Wheat and Soy.
Broccoli Cheddar Soup & Salad	Milk, Soy, Wheat, and Egg.	Milk, Soy, Wheat, and Egg.
Chicken & Dumplings	Milk, Wheat, Soy, and Egg.	Milk, Wheat, Soy, and Egg.
El Pastor Bowl	Milk.	Milk.
Chicken Salad on Croissant	Soy, Egg, Milk, Wheat, Traces of Tree Nuts (walnuts, almond, hazelnut, pecans) and Sesame.	Soy, Egg, Milk, Wheat, Traces of Tree Nuts (walnuts, almond, hazelnut, pecans) 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.
Sweet & Sour Chicken	Wheat, Egg, Soy, Milk and Sesame.	Milk, Wheat, Egg, Soy and Sesame.

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Signature No Seafood Menu Plan Allergens



Week of: 11/24/2025

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, Wheat, and Almonds.	Milk, Wheat, and Almonds.
Chili Tempeh Salad	Soy, Wheat, Sesame and Cashews.	Soy, 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.
Thanksgiving Turkey Dinner	Milk, Soy, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Garden Tamale Bowl	Milk, Soy, Almonds, and Cashews.	Milk, Soy, Almonds, and Cashews.
Chicken Linguini Alfredo	Milk, Soy, and Wheat.	Milk, Soy, and Wheat.
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.
Ciabatta Egg Sandwich	Wheat, Sesame, Egg, Milk and Soy.	Wheat, Sesame, Egg, Milk and Soy.
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.
Lou's Bleu Burger	Egg, Milk, Soy and Wheat.	Milk, Soy, Egg and Wheat.
Greek Chickpea Feta Fritter	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Marry Me Chicken	Milk, Soy, Wheat, Egg, and Almonds.	Milk, Soy, Wheat, Egg, and Almonds.
Chicken Carnitas	Milk and Soy.	Milk and Soy.
Honey Peach BBQ Chicken	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.

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Signature No Seafood Menu Plan Allergens



Week of: 12/1/2025

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Strawberry Poppyseed Bread	Soy, Wheat, Egg, Milk, and Almonds.	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.
Chicken Gyro Bowl	Wheat, Milk, and Sesame.	Wheat, Milk, and Sesame.
Pecan Cranberry Mixed Green Salad	Pecans, Milk, Wheat, Soy, and Sesame.	Pecans, Milk, Wheat, Soy, and Sesame.
Homestyle Roasted Turkey Sandwich	Milk, Soy, Wheat, and Sesame.	Milk, Soy, Wheat, and Sesame.
Cajun Vegetarian Etouffee	Wheat, Milk, Soy and Egg.	Wheat, Milk, Soy and Egg.
Tortellini Pomodoro	Egg, Milk, and Almonds.	Egg, Milk, and Almonds.
BBQ Meatloaf & Cheddar Mash	Egg, Milk, Pecans, Sesame, and Soy.	Egg, Milk, Pecans, Sesame, and Soy.
Sunrise Pizza	Soy, Wheat, Egg, Milk, and Almonds.	Wheat, Soy, Milk, and Egg.
Cranberry Oat Bar	Egg and Milk.	Egg and Milk.
Cheesy Egg Strata	Egg, Milk, Wheat, and Soy.	Egg, Milk, and Wheat.
Bacon & Egg Bagel Sandwich	Wheat, Soy, Egg, and Milk.	Wheat, Soy, Egg, and Milk.
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.
Chipotle Black Bean Burger	Soy, Egg, Almond, Wheat, Milk, and Sesame.	Soy, Egg, Almonds, Wheat, Milk, and Sesame.
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.
Chicken Matzo Ball Soup	Milk, Soy, Egg, Wheat, and Almonds.	Milk, Soy, Egg, Wheat, and Almonds.

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Signature No Seafood Menu Plan Allergens



Week of: 12/8/2025

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Wheat Croissant and Brie	Almonds, Cashews, Wheat, Milk, and Egg.	Almonds, Cashews, Wheat, Milk, and Egg.
Superfood Brioche French Toast	Egg, Milk, Wheat, and Pecans.	Egg, Milk, Wheat, and Pecans.
Brioche Breakfast Sandwich	Wheat, Egg, Soy, and Milk.	Egg, Soy, Milk, and Wheat.
Broccoli Cheddar Fritter	Egg, Milk, Wheat, Cashews, and Soy.	Egg, Milk, Wheat, Soy, and Cashews.
Mediterranean Lunch Box	Sesame, Milk, Wheat, and Soy.	Sesame, Milk, Wheat, and Soy.
Loaded Quesadilla & Tortilla Soup	Soy, Wheat, and Milk.	Soy, Wheat, and Milk.
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.
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.
Potato & Onion Pancakes	Egg, Soy, Milk, and Wheat.	Egg, Soy, Milk, and Wheat.
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.
Pecan and Poppyseed Chicken Salad	Milk, Soy, Egg, Pecans, Wheat, and Sesame.	Milk, Soy, Egg, Pecans, Wheat, and Sesame.
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.	Wheat and Milk.
Herbed Turkey Bake	Milk, Soy, Wheat, Egg, and Almond.	Milk, Soy, Wheat, Egg, and Almond.

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Signature No Seafood Menu Plan Allergens



Week of: 12/15/2025

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.
Tex Mex Black Bean Taco	Milk, Soy, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Smoky Chicken Salad Pita	Soy, Egg, Milk and Wheat.	Soy, Egg, Milk, and Wheat.
Pear & Gorgonzola Salad	Walnuts, Wheat, Milk, Egg and Soy.	Walnuts, Wheat, Milk, Egg, and Soy.
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.
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.
English Muffin Breakfast Sandwich	Wheat, Soy, Egg and Milk.	Wheat, Soy, Egg and Milk.
Landry Bay Zucchini Cakes	Egg, Wheat, Soy, Milk and Walnuts.	Egg, Wheat, Soy, Milk and Walnuts.
Turkey Cobb Salad	Egg, Milk and Soy.	Egg, Milk and Soy.
BBQ Chicken Pizza	Milk and Egg.	Milk and Egg.
Loaded Potato Soup	Milk and Wheat.	Milk and Wheat.
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.
Thanksgiving Faux Turkey Dinner	Wheat, Soy, Milk and Egg.	Wheat, Milk and Soy.

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