

# Plant Based Vegetarian Menu Plan Allergens



Week of: 7/20/2026

| 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.                                                                  |
| Egg & Cheddar Biscuit Sandwich        | Wheat, Milk, Sesame, Soy and Egg.                                      | Wheat, Milk, Sesame, Soy and Egg.                                      |
| Mushroom & Polenta Ragout             | Soy, Wheat, Milk, Egg and Almond.                                      | Soy, Wheat, Milk, Egg and Almond.                                      |
| Quesabirria Shiitake                  | Soy, Wheat, Milk and Cashews.                                          | Soy, Wheat, Milk and Cashews.                                          |
| Fresh Fruit and Cottage Cheese Plate  | Milk, Wheat, Soy and Sesame.                                           | Milk, Wheat, Soy and Sesame.                                           |
| Egg Salad on Croissant                | Egg, Soy, Wheat, Milk, Almonds, Walnuts, Hazelnuts, Pecans and Sesame. | Egg, Soy, Wheat, Milk, Almonds, Walnuts, Hazelnuts, Pecans and Sesame. |
| Cauliflower Tikka Masala              | Milk, Wheat and Soy.                                                   | Milk, Wheat and Soy.                                                   |
| Sweet Potato Chili                    | Soy, Wheat, Egg and Milk.                                              | Soy, Wheat, Egg and Milk.                                              |
| Nonna Sutton's Lasagna                | Wheat, Milk and Egg.                                                   | Wheat, Milk and Egg.                                                   |
| Kung Pao Tofu                         | Soy, Cashews, Wheat, Sesame and Milk.                                  | Soy, Cashews, Wheat, Sesame and Milk.                                  |
| 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.                                              |
| Chickpea Tagine                       | Wheat and Almonds.                                                     | Wheat and Almonds.                                                     |
| Eggplant Goat Cheese Melt             | Milk (goat and cow), Wheat, Soy and Egg.                               | Milk (goat and cow), Wheat, Soy and Egg.                               |
| 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).                        |
| Spinach Manicotti                     | Milk, Egg and Wheat.                                                   | Milk, Egg and Wheat.                                                   |

At times we have to make adjustments to meals with little notice. Please refer to the individual meal container for the most accurate information of allergens present in your meals.

# Plant Based Vegetarian Menu Plan Allergens



Week of: 7/27/2026

| Meal Name                             | Allergens for Light Portion          | Allergens Present for Full Portion   |
|---------------------------------------|--------------------------------------|--------------------------------------|
| Peach & Ricotta Toast                 | Egg, Milk, Wheat and Pistachio.      | Egg, Milk, Wheat and Pistachio.      |
| 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. |
| Korean Street Sliders                 | Sesame, Soy, Wheat, Egg and Milk.    | Sesame, Soy, Wheat, Egg and Milk.    |
| Pecan Cranberry Salad                 | Pecans, Milk, Wheat, Soy and Sesame. | Pecans, Milk, Wheat, Soy and Sesame. |
| Portobello Burger                     | Wheat, Soy, Egg and Milk.            | Wheat, Soy, Egg and Milk.            |
| Vegetarian Vodka Meatballs            | Milk, Soy, Pistachios and Wheat.     | Milk, Soy, Pistachios and Wheat.     |
| Genoa Minestrone                      | Soy, Wheat and Milk.                 | Soy, Wheat and Milk.                 |
| Primavera Alfredo                     | Milk and Wheat.                      | Milk and Wheat.                      |
| Homestyle Macaroni & Cheese           | Egg, Milk, Wheat and Soy.            | Egg, Milk, Wheat and Soy.            |
| Matcha Muffin Top                     | Wheat, Milk and Egg.                 | Wheat, Milk and Egg.                 |
| 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.                   |
| Three Bean Chili                      | Soy and Milk.                        | Soy and Milk.                        |
| Greek Chickpea Feta Fritter           | Egg, Milk and Wheat.                 | Egg, Milk and Wheat.                 |
| Classic Ratatouille                   | Milk, Soy and Wheat.                 | Milk, Soy and Wheat.                 |
| Sofrito Tofu                          | Soy, Wheat and Milk.                 | Soy, Wheat and Milk.                 |

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# Plant Based Vegetarian Menu Plan Allergens



Week of: 8/3/2026

| 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.    |
| Pretzel Gouda Sliders               | Egg, Milk and Wheat.                       | Egg, Milk and Wheat.                       |
| Falafel Bowl                        | Wheat, Milk, Soy and Sesame.               | Wheat, Milk, Soy and Sesame.               |
| Asian Potstickers                   | Soy, Sesame, Wheat and Almonds.            | Soy, Sesame, Wheat and Almonds.            |
| Pumpkin Sweet Potato Bisque & Salad | Milk, Soy, Wheat and Almonds.              | Milk, Soy, Wheat and Almonds.              |
| 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 Almond.                      | Egg, Milk and Almonds.                     |
| BBQ Loaded Potato                   | Milk, Soy, Egg and Wheat.                  | Milk, Soy, Egg and Wheat.                  |
| Lentil Stew                         | Soy, Wheat, Milk and Egg.                  | Soy, Wheat, Milk and Egg.                  |
| 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.                  |
| Stir Fry Udon                       | Wheat, Soy, Milk and Sesame.               | Wheat, Soy, Milk and Sesame.               |
| Caesar Salad with Roasted Tomatoes  | Egg, Milk, Soy and Wheat.                  | Egg, Milk, Soy and Wheat.                  |
| Deviled Egg Croast                  | Egg, Soy, Milk, Wheat and Almond.          | Egg, Soy, Milk, Wheat and Almond.          |
| Veggie Seoul Bowl                   | Soy, Wheat, Sesame, Egg and Milk.          | Soy, Wheat, Sesame, Egg and Milk.          |
| Portobello Fajita                   | Milk, Wheat and Soy.                       | Milk, Wheat and Soy.                       |
| Butternut Squash Ravioli            | Milk, Wheat, Egg, Sesame and Pecans.       | Milk, Wheat, Egg, Sesame and Pecans.       |

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# Plant Based Vegetarian Menu Plan Allergens



Week of: 8/10/2026

| 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.                        |
| Four Cheese Egg Tart               | Egg, Milk, Soy and Wheat                            | Egg, Milk, Soy and Wheat                            |
| Potato & Onion Pancakes            | Egg, Soy, Milk and Wheat.                           | Egg, Soy, Milk and Wheat.                           |
| Broccoli Cheddar Fritter           | Egg, Milk, Wheat, Soy, Almonds, Pecans and Cashews. | Egg, Milk, Wheat, Soy, Almonds, Pecans and Cashews. |
| Poppyseed Sweet Potato Salad       | Cashews, Wheat, Soy and Sesame.                     | Cashews, Wheat, Soy and Sesame.                     |
| Sweet Potato Taco                  | Soy, Milk, Egg and Wheat.                           | Soy, Milk, Egg and Wheat.                           |
| Loaded Nacho Bowl                  | Soy, Milk, Wheat, Sesame and Egg.                   | Soy, Milk, Wheat, Sesame and Egg.                   |
| Southwestern Couscous Pilaf        | Wheat, Soy, Egg and Milk.                           | Wheat, Soy, Egg, and Milk.                          |
| Truffled Mac 'n Cheese             | Milk and Wheat.                                     | Milk and Wheat.                                     |
| Pierogi in Mushroom & Tomato Gravy | Wheat, Milk, Soy and Egg.                           | Wheat, Milk, Soy and Egg.                           |
| Goat Cheese and Eggplant Stack     | Milk (goat and cow), Soy and Wheat                  | Milk (goat and cow), Soy and Wheat                  |
| Spinach & Goat Cheese Frittata     | Egg and Milk (cow & goat).                          | Egg and Milk (cow & goat).                          |
| Mini Dutch Pancake                 | Wheat, Egg, Milk and Pistachios.                    | Wheat, Egg, Milk and Pistachios.                    |
| Blueberry Smoothie Bowl            | Milk, Macadamia Nuts and Soy.                       | Milk, Macadamia Nuts and Soy.                       |
| Deep Dish Spinach Pie              | Milk, Egg and Wheat.                                | Milk, Egg, Wheat and Soy.                           |
| Spinach Artichoke Flatbread Pizza  | Wheat, Milk, Soy, Egg and Almonds.                  | Wheat, Milk, Soy, Egg and Almonds.                  |
| Vegetarian Acapulco Taco Pie       | Milk, Egg and Soy.                                  | Milk, Egg and Soy.                                  |
| Eggplant Parmesan                  | Wheat, Soy and Milk.                                | Wheat, Soy and Milk.                                |
| Gnocchi Pesto                      | Egg, Milk, Wheat and Almonds.                       | Egg, Milk, Wheat and Almonds.                       |
| Trattoria Style Penne & Chickpeas  | Soy, Wheat and Milk.                                | Soy, Wheat and Milk.                                |

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# Plant Based Vegetarian Menu Plan Allergens



Week of: 8/17/2026

| 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.                      |
| Carrot Banana Loaf              | Milk, Wheat, Egg and Walnuts.                  | Milk, Wheat, Egg And Walnuts.                  |
| Tex Mex Black Bean Taco         | Soy, Milk, Egg and Wheat.                      | Milk, Soy, Egg and Wheat.                      |
| Beet & Goat Cheese Flatbread    | Wheat, Soy, Milk (goat and cow) and Pistachio. | Wheat, Soy, Milk (goat and cow) and Pistachio. |
| Protein Pasta Carbonara         | Milk, Wheat, Soy and Egg.                      | Milk, Wheat, Soy and Egg.                      |
| Loaded Potato Soup              | Milk and Wheat.                                | Milk and Wheat.                                |
| Italian Sausage Flatbread Pizza | Wheat, Soy and Milk.                           | Wheat, Soy and Milk.                           |
| Chimichurri Bowl                | Soy and Milk.                                  | Soy and Milk.                                  |
| Spaghetti Lentil Bolognese      | Soy, Wheat and Milk.                           | Soy, Wheat and Milk.                           |
| Southwest Stuffed Pepper        | Soy and Milk.                                  | Soy 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.                    |
| Landry Bay Zucchini Cakes       | Egg, Wheat, Soy, Milk and Walnuts.             | Egg, Wheat, Soy, Milk and Walnuts.             |
| Greek Lunch Platter             | Sesame, Milk, Egg, Wheat and Soy.              | Sesame, Milk, Egg, Wheat and Soy.              |
| Vietnamese Banh Mi              | Soy, Wheat, Sesame, Peanut, Egg and Milk.      | Soy, Wheat, Sesame, Peanut, Egg and Milk.      |
| Spinach Ravioli                 | Milk (cow & sheep), Wheat and Egg.             | Milk (cow & sheep), Wheat and Egg.             |
| White Bean & Rice ala King      | Milk and Soy.                                  | Milk and Soy.                                  |
| Honey Garlic Chickpea Bowl      | Soy, Wheat, Milk and Sesame.                   | Soy, Wheat, Milk and Sesame.                   |

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