

Plant Based Vegetarian Menu Plan Allergens



Week of: 5/11/2026

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 and Egg.	Soy, Wheat, Milk and Egg.
Quesabirria Shitake	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.

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Plant Based Vegetarian Menu Plan Allergens



Week of: 5/18/2026

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	Soy, Wheat, Egg and Milk.	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.
Primavera Alfredo	Milk and Wheat.	Milk and Wheat.
Homestyle Macaroni & Cheese	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Matcha Muffin Tops	Egg, Milk and Wheat	Egg, Milk and Wheat
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: 5/25/2026

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 Chopped Salad	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 Almonds.	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	Soy, Wheat, Milk and Sesame.	Soy, Wheat, Milk and Sesame.
Caesar Salad with Roasted Tomatoes	Egg, Milk, Soy and Wheat.	Egg, Milk, Soy and Wheat.
Deviled Egg Croast	Egg, Soy, Wheat and Almond.	Egg, Soy, 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: 6/1/2026

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, Almonds, Pecans, Cashews and Soy.	Egg, Milk, Wheat, Soy, Almonds, Pecans and Cashews.
Poppysed 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).
Vegetarian Bacon & Cheddar Clafoutis	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
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.
Vegetarian Acapulco Taco Pie	Milk, Egg and Soy.	Milk, Egg and Soy.
Eggplant Parmesan	Wheat, Soy and Milk.	Wheat, Soy and Milk.
Vegetarian Picadillo Cubano	Wheat, Milk and Soy.	Wheat, Soy and Milk.
Pesto Cream Penne	Wheat and Milk.	Milk and Wheat.

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Plant Based Vegetarian Menu Plan Allergens



Week of: 6/8/2026

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.
Veggie Sausage & Egg Breakfast Sandwich	Soy, Wheat, Egg and Milk.	Soy, Wheat, Egg and Milk.
Tex Mex Black Bean Taco	Soy, Milk, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Smoky Chick'n Salad Pita	Soy, Wheat, Egg and Milk.	Soy, Wheat, Egg and Milk.
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.
Vegetarian Thai Coconut Curry	Soy, Milk and Wheat.	Soy, Milk and Wheat.
Spaghetti Lentil Bolognese	Soy, Wheat and Milk.	Soy, Wheat and Milk.
Peppered Lentil 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.
Chickpea Cobb Salad	Egg, Milk and Soy.	Egg, Milk and Soy.
Vegetarian BBQ Pizza	Milk, Egg, Soy and Wheat.	Milk, Egg, Soy and Wheat.
Spring Vegetable Fricassee	Almonds, Milk, Soy, Wheat and Egg.	Almonds, Milk, Soy, Wheat and Egg.
Vegetarian Cottage Pie	Wheat, Soy, Milk, Almonds, Hazelnuts and Sesame.	Wheat, Soy, Milk, Almonds, Hazelnuts and Sesame.
Honey Garlic Chickpea Bowl	Soy, Wheat, Milk and Sesame.	Soy, Wheat, Milk and Sesame.

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