

Vegetarian 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.
Moroccan Chicken Skewers	Milk and Pistachios.	Milk and Pistachios.
Baja Chicken Tinga Wrap	Soy, Wheat 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.
Roast Turkey in Dijon Cream Sauce	Milk.	Soy, Wheat, Egg and 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 & Vegetarian Gravy	Milk, Wheat, Soy and Egg.	Milk, Wheat, Soy and Egg.
Broccoli Cheddar Soup & Salad	Milk, Soy, Wheat, and Egg.	Milk, Soy, Wheat, and Egg.
Vegetables & Dumplings	Egg, Wheat, Milk and Soy.	Egg, Wheat, Milk and Soy.
Vegetarian El Pastor Bowl	Milk.	Milk.
Egg Salad on Croissant	Egg, Soy, Wheat, Milk, Traces of Tree Nuts (walnuts, almond, hazelnut, pecans) and Sesame.	Egg, Soy, Wheat, Milk, 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).
Black Bean Enchilada Bake	Milk, Soy and Egg.	Milk, Soy and Egg.
Sweet & Sour Tofu	Soy, Wheat, Milk and Sesame.	Soy, Wheat, Milk and Sesame.

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Vegetarian Menu Plan Allergens



Week of: 11/24/2025

Meal Name	Allergens for Light Portion	Allergens Present for Full Portion
Vegetarian Peach Berry Blintz	Soy, Wheat, Milk and Egg.	Soy, Wheat, Milk and Egg.
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 Chickpea 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 Veggie Burger	Milk, Soy, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Garden Tamale Bowl	Milk, Soy, Almonds, and Cashews.	Milk, Soy, Almonds, and Cashews.
Primavera Alfredo	Milk and Wheat.	Milk and Wheat.

Vegetarian Blueberry Almond Torta	Milk, Egg, Wheat, Almonds and Soy.	Milk, Egg, Wheat, Almond and Soy.
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.
Three Bean Chili	Soy and Milk.	Soy, Almond and Hazelnut.
Lou's Bleu Veggie Burger	Milk, Soy, Egg and Wheat.	Milk, Soy, Egg and Wheat.
Greek Chickpea Feta Fritter	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
Marry Me Pasta	Wheat, Milk, Soy, Egg and Almonds.	Wheat, Milk, Soy, Egg and Almonds.
Sofrito Tofu	Soy, Wheat and Milk.	Soy, Wheat and Milk.
Homestyle Macaroni & Cheese	Egg, Milk, Soy and Wheat.	Egg, Milk, Soy and Wheat.

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Vegetarian 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.
Falafel Bowl	Wheat, Milk, Soy and Sesame.	Wheat, Milk, Soy and Sesame.
Pecan Cranberry Mixed Green Salad	Pecans, Milk, Wheat, Soy, and Sesame.	Pecans, Milk, Wheat, Soy, and Sesame.
Pumpkin Sweet Potato Bisque & Salad	Milk, Soy, Wheat and Almonds.	Milk, Soy, Wheat and Almonds.
Cajun Vegetarian Etouffee	Wheat, Milk, Soy and Egg.	Wheat, Milk, Soy and Egg.
Tortellini Pomodoro	Egg, Milk, and Almonds.	Egg, Milk, and Almonds.
BBQ Veggie 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.
Bagel Breakfast 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.
Mushroom Croque Monsieur	Milk, Egg, Soy, and Wheat.	Milk, Egg, Soy, and Wheat.
Chipotle Black Bean Burger	Soy, Egg, Almond, Wheat, Milk, and Sesame.	Soy, Egg, Almonds, Wheat, Milk, and Sesame.
Vegetarian Swedish Meatballs	Milk, Soy, and Wheat.	Milk, Soy, and Wheat.
Pasta Verde with Guajillo Garbanzos	Wheat, Milk, and Soy.	Wheat, Milk, and Soy.
Butternut Squash Ravioli	Milk, Wheat, Egg, Sesame, and Pecans.	Milk, Wheat, Egg, Sesame, and Pecans.
Lentil Matzo Ball Soup	Soy, Wheat, Egg, Milk, and Almonds.	Soy, Wheat, Egg, Milk, and Almonds.

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Vegetarian 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 Vegetarian Breakfast Sandwich	Wheat, Egg, Soy, and Milk.	Wheat, Egg, Soy, and Milk.
Broccoli Cheddar Fritter	Egg, Milk, Wheat, Cashews, and Soy.	Egg, Milk, Wheat, Soy, and Cashews.
Vegetarian Mediterranean Lunch Box	Soy, Wheat, Sesame, and Milk.	Soy, Wheat, Sesame, and Milk.
Loaded Veg 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 Style Roasted Eggplant	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).
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.
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.
Vegetarian Acapulco Taco Pie	Milk, Egg, and Soy.	Milk, Egg, and Soy.
Poppyseed Sweet Potato Salad	Cashews, Wheat, Soy, and Sesame.	Cashews, Wheat, Soy, and Sesame.
Eggplant Parmesan	Wheat, Soy, and Milk.	Wheat, Soy, and Milk.
Vegetarian Picadillo Cubano	Wheat, Milk, and Soy.	Wheat, Milk, and Soy.
Pesto Cream Penne	Wheat and Milk.	Wheat and Milk.
Butternut & Zucchini Bake	Milk, Soy, Wheat, Egg, and Almond.	Milk, Soy, Wheat, Egg, and Almond.

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Vegetarian 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 Chick'n Salad Pita	Soy, Wheat, Egg and Milk.	Soy, Wheat, Egg, and Milk.
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.
Vegetarian Thai Coconut Curry	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.
Veggie Sausage & Egg Sandwich	Soy, Wheat, Egg and Milk.	Soy, Wheat, Egg and Milk.
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.
Loaded Potato Soup	Milk and Wheat.	Milk and Wheat.
Spring Vegetable Fricassee	Almonds, Milk, Soy, Wheat and Egg.	Almonds, Milk, Soy, Wheat and Egg.
Thanksgiving Faux Turkey Dinner	Wheat, Soy, Milk and Egg.	Wheat, Soy, Milk, Almonds, Hazelnuts and Sesame.
Thanksgiving Faux Turkey Dinner	Wheat, Soy, Milk and Egg.	Soy, Wheat, Milk and Sesame.
Thanksgiving Faux Turkey Dinner	Wheat, Soy, Milk and Egg.	Wheat, Milk and Soy.

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