

Plant Based Vegetarian Menu Plan Allergens



Week of: 8/24/2026

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.
Blueberry Banana Waffle Bites	Wheat, Egg, Milk and Macadamia Nuts.	Wheat, Egg, Milk and Macadamia Nuts.
Berry Colada Parfait	Milk.	Milk.
Chocolate Hazelnut Crepe	Wheat, Egg, Milk, Hazelnuts and Soy.	Wheat, Egg, Milk, Hazelnuts and Soy.
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.

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Plant Based Vegetarian Menu Plan Allergens



Week of: 8/31/2026

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 and Egg.
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: 9/7/2026

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.
Egg Gouda Slider	Egg, Milk and Wheat.	Egg, Milk and Wheat.
Falafel Bowl	Wheat, Milk, Soy and Sesame.	Wheat, Milk, Soy and Sesame.
Asian Potstickers	Soy, Sesame and Wheat.	Soy, Sesame and Wheat.
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: 9/14/2026

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 Pancakes	Wheat, Egg, Milk and Pistachios.	Wheat, Egg, Milk and Pistachios.
Blueberry Smoothie Bowl	Milk and Macadamia Nuts.	Milk and Macadamia Nuts.
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: 9/21/2026

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 and Wheat.	Milk and Wheat.
Loaded Potato Soup	Milk and Wheat.	Milk and Wheat.
Italian Sausage Flatbread Pizza	Wheat, Soy and Milk.	Wheat, Soy and Milk.
Chimichurri Bowl	Milk. May contain Soy.	Milk. May contain Soy.
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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