

Plant Based Vegetarian Menu Plan Allergens



Week of: 3/2/2026

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.
Biscuits & Vegetarian Gravy	Milk, Wheat, Soy and Egg.	Milk, Wheat, Soy and Egg.
Moroccan Kofta Bowl	Milk and Pistachios.	Milk and Pistachios.
Baja Garbanzo Tinga Wrap	Soy, Wheat and Milk.	Soy, Wheat and Milk.
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.
Sweet & Sour Tofu	Soy, Wheat, Milk and Sesame.	Soy, Wheat, Milk and Sesame.
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.
Vegetables & Dumplings	Egg, Wheat, Milk and Soy.	Egg, Wheat, Milk and Soy.
Mushroom Swiss Veggie Burger	Soy, Egg, Wheat, Milk and Sesame.	Soy, Egg, Wheat, Milk 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.

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Plant Based Vegetarian Menu Plan Allergens



Week of: 3/9/2026

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 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.
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.
Vegetarian Vodka Meatballs	Milk, Soy, Pistachios and Wheat.	Milk, Soy, Pistachios and Wheat.
Garden Tamale Bowl	Milk, Soy, Almonds and Cashews.	Milk, Soy, Almonds and Cashews.
Primavera Alfredo	Milk and Wheat.	Milk and Wheat.
Homestyle Macaroni & Cheese	Egg, Milk, Wheat and Soy.	Egg, Milk, Wheat and Soy.
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.
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.
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.

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Plant Based Vegetarian Menu Plan Allergens



Week of: 3/16/2026

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.
Vegetarian Bacon & Egg Bagel Sandwich	Wheat, Soy Egg and Milk.	Wheat, Soy, Egg and Milk.
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 Veggie Meatloaf & Cheddar Mash	Wheat, Milk, Sesame, Egg, Pecan and Soy.	Wheat, Milk, Sesame, Egg, Pecan and Soy.
Lentil Matzo Ball Soup	Soy, Wheat, Egg, Milk and Almonds.	Soy, Wheat, Egg, Milk, and Almonds.
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.
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 and Soy	Milk, Egg, Soy, and Wheat.
Vegetarian Swedish Meatballs	Milk, Soy, and Wheat.	Milk, Soy, and Wheat.
Pasta Verde with Guajillo Garbanzos	Milk, Soy and Wheat.	Milk, Soy and Wheat.
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: 3/23/2026

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.
Brioche Vegetarian Breakfast Sandwich	Wheat, Egg, Soy and Milk.	Wheat, Egg, Soy and Milk.
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.
Veggie Quesadilla & Tortilla Soup	Soy, Wheat and Milk.	Soy, Wheat and Milk.
Vegetarian Mediterranean Lunch Box	Soy, Wheat, Sesame, and Milk.	Soy, Wheat, Sesame 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.
Butternut & Zucchini Bake	Milk, Soy, Wheat, Egg and Almond.	Milk, Soy, Wheat, Egg and Almond.
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: 3/30/2026

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.
Vegetarian Verde Taco	Milk, Soy and Wheat.	Milk, Soy and Wheat
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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