



## ALLERGEN GUIDE - Week 1

Fall / Winter 2021 - 2022

YMCA GTA Menu

|           | Menu Selection   | Key Ingredients of Main Menu Item             | May Contain                | Dairy Free     | Gluten Free             | Egg Free       | Vegan                                  | Vegetarian              | Halal                           |
|-----------|--|---|----------------------------|----------------|-------------------------|----------------|--|-------------------------|---------------------------------|
| AM        | Multigrain Cheerios Cereal / Milk                              | Oats / Corn / Rice / Sorghum / Millet / Dairy |                            |                | Chex Cereal             |                |  |                         |                                 |
| Monday    | Vegetable Medley (Green Beans / Peas / Carrots / Corn)         | Green Bean / Peas / Carrot / Corn             |                            |                |                         |                |  |                         |                                 |
|           | Beef Chili Mac and Cheese                                      | Beef / Wheat / Tomato / Dairy                 |                            | No Cheese      | Rice Pasta              |                | Bean Mac                               | Bean Mac and Cheese     | Halal Beef Chili Mac and Cheese |
| PM        | Organic Mini Ginger Snaps                                      | Wheat / Spelt / Barley                        |                            |                | GF Cookie               |                |  |                         |                                 |
| AM        | Cinnamon Raisin Bagel / Applesauce                             | Wheat / Barley / Grape / Raisins / Apple      |                            |                | Rice Bread              |                |  |                         |                                 |
| Tuesday   | Cheddar Cheese Omelet  | Dairy / Egg                                   |                            | Chicken Cutlet |                         | Chicken Cutlet | Vegetarian (Soy) Chick'n Tenders       |                         |                                 |
|           | Whole Wheat Bread  | Wheat   | MC Sesame                  |                | Rice Bread              |                |  |                         |                                 |
|           | Diced Carrots  | Carrot  |                            |                |                         |                |  |                         |                                 |
| PM        | Organic Apple Oatmeal Cookie                                   | Wheat / Apple / Oats                          |                            |                | GF Cookies              |                |  |                         |                                 |
| AM        | Banana Oatmeal Bar   | Banana / Wheat / Barley / Oats / Rice         | MC Dairy / MC Egg / MC Soy |                | GF Cookies              |                |  |                         |                                 |
| Wednesday | Broccoli   | Broccoli                                      |                            |                |                         |                |  |                         |                                 |
|           | Whole Grain Bun  | Wheat   | MC Sesame                  |                | Rice Bun                |                |  |                         |                                 |
|           | Beef Burger  | Beef / Soy / Wheat                            |                            |                | GF Burger               |                | Vegetarian (Soy) Burger                | Vegetarian (Soy) Burger | Halal Burger                    |
| PM        | Cheddar Cheese Sandwich on Whole Wheat Bread / Cucumber Slices | Dairy / Soy / Wheat / Cucumber                | WW Bread - MC Sesame       | Chicken Slice  | Cheese on Rice Bread    |                | Vegan (Soy) Slice on Whole Wheat Bread |                         |                                 |
| AM        | Organic Whole Wheat Blueberry Muffin                           | Wheat / Apple / Berries / Citrus              |                            |                | GF Muffin               |                |  |                         |                                 |
| Thursday  | Turkey Alphabet Soup   | Turkey / Carrots / Celery / Wheat             |                            |                | GF Turkey Alphabet Soup |                | Legume Alphabet Soup                   | Legume Alphabet Soup    | Halal Chicken Alphabet Soup     |
|           | Roll   | Wheat   | MC Sesame / MC Soy         |                | GF Bun                  |                |  |                         |                                 |
|           | Baby Carrots   | Carrots                                       |                            |                |                         |                |  |                         |                                 |
| PM        | Wheat Crackers / Cheese Cubes                                  | Wheat / Barley / Dairy                        |                            | Egg            | Corn Crackers           |                | Tofutti Cream Cheese                   |                         |                                 |
| AM        | Whole Wheat Shreddies Cereal / Milk                            | Barley / Wheat / Dairy                        |                            |                | Chex Cereal             |                |  |                         |                                 |
| Friday    | Fish Sticks  | Fish / Wheat / Soy                            |                            |                | Plain Fish Fillet       |                | Vegetarian (Soy) Chick'n Tenders       |                         |                                 |
|           | Rice   | Rice  |                            |                |                         |                |  |                         |                                 |
|           | Green Beans  | Green Bean                                    |                            |                |                         |                |  |                         |                                 |
| PM        | Whole Wheat Lemon Cranberry Loaf                               | Wheat / Flaxseed / Apple / Citrus / Berries   |                            |                | Rice Bread              |                |  |                         |                                 |

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## ALLERGEN GUIDE - Week 2

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|           | Menu Selection   | Key Ingredients of Main Menu Item  | May Contain                   | Dairy Free                 | Gluten Free                  | Egg Free | Vegan                            | Vegetarian                       | Halal                            |
|-----------|--|--|-------------------------------|----------------------------|------------------------------|----------|----------------------------------|----------------------------------|----------------------------------|
| AM        | Whole Grain Life Cereal / Milk                         | Wheat / Oats / Dairy   |                               |                            | Chex Cereal                  |          |                                  |                                  |                                  |
| Monday    | Breaded Chicken  | Chicken / Wheat / Soy  |                               |                            | Plain Chicken                |          | Vegetarian (Soy) Chick'n Tenders | Vegetarian (Soy) Chick'n Tenders | Vegetarian (Soy) Chick'n Tenders |
|           | Corn and Peas  | Corn / Peas  |                               |                            |                              |          |                                  |                                  |                                  |
|           | Brown Rice   | Rice   |                               |                            |                              |          |                                  |                                  |                                  |
| PM        | Focaccia Bread / Baby Carrots                          | Wheat / Carrot   |                               |                            | Rice Bread                   |          |                                  |                                  |                                  |
| AM        | Organic Apple Granola Minis / Berry Applesauce         | GF Oats / Apple / Raisin / Rice / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Berry |                               |                            |                              |          |                                  |                                  |                                  |
| Tuesday   | Whole Grain Pasta Bolognese (Tomato and Beef Sauce)    | Beef / Wheat / Tomato  |                               |                            | Tomato Meat Sauce Rice Pasta |          | Bean Tomato Sauce Pasta          | Bean Tomato Sauce Pasta          | Tomato Halal Meat Sauce Pasta    |
|           | Vegetable Medley (Green Beans / Peas / Carrots / Corn) | Green Beans / Peas / Carrots / Corn  |                               |                            |                              |          |                                  |                                  |                                  |
| PM        | Organic Spelt Mini Lemon Snaps                         | Citrus / Poppy / Spelt / Barley  | MC Egg / MC Soy               |                            | GF Cookies                   |          |                                  |                                  |                                  |
| AM        | Strawberry Yogurt / Whole Grain Pumpkin Seed Granola   | Dairy / Berries / Citrus / Oats / Pumpkin Seed   | MC Gluten                     | Yoso Yogurt                | GF Cookie                    |          | Yoso Yogurt                      |                                  |                                  |
| Wednesday | Cuban Chicken Drumstick                                | Chicken / Citrus   |                               |                            |                              |          | Vegetarian (Soy) Cuban Chick'n   | Vegetarian (Soy) Cuban Chick'n   | Halal Cuban Chicken              |
|           | Brown Rice   | Rice   |                               |                            |                              |          |                                  |                                  |                                  |
|           | Green Beans  | Green Bean   |                               |                            |                              |          |                                  |                                  |                                  |
| PM        | Rice Cake / Apple Butter                               | Rice / Apple   |                               |                            |                              |          |                                  |                                  |                                  |
| AM        | Organic Whole Wheat Chunky Apple Muffin                | Wheat / Apple / Flaxseed   |                               |                            | GF Muffin                    |          |                                  |                                  |                                  |
| Thursday  | Beef Meatballs in Gravy                                | Beef / Dairy / Wheat / Soy   |                               | GF/DF Burger               | GF/DF Burger                 |          | Vegetarian (Soy) Meatballs       | Vegetarian (Soy) Meatballs       | Vegetarian (Soy) Meatballs       |
|           | Whole Wheat Bun  | Wheat  | MC Sesame / MC Dairy / MC Egg |                            | Rice Bun                     |          |                                  |                                  |                                  |
|           | Diced Carrots  | Carrot   |                               |                            |                              |          |                                  |                                  |                                  |
| PM        | Banana Oat Chunk                                       | Wheat / Oats / Banana / Dates  |                               |                            | GF Cookie                    |          |                                  |                                  |                                  |
| AM        | Rice Krispies Cereal / Milk                            | Rice / Barley / Dairy  |                               |                            | Chex Cereal                  |          |                                  |                                  |                                  |
| Friday    | Turkey Lasagna   | Dairy / Turkey / Tomato / Wheat  |                               | Turkey Lasagna - no cheese | Turkey GF Pasta              |          | Bean Lasagna                     | Bean Lasagna                     | Bean Lasagna                     |
|           | Green Peas   | Green Pea  |                               |                            |                              |          |                                  |                                  |                                  |
| PM        | Spice Snaps  | Wheat  |                               |                            | GF Cookie                    |          |                                  |                                  |                                  |

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## ALLERGEN GUIDE - Week 3

Fall / Winter 2021 - 2022

YMCA GTA Menu

|           | Menu Selection  | Key Ingredients of Main Menu Item  | May Contain        | Dairy Free  | Gluten Free   | Egg Free | Vegan                         | Vegetarian                    | Halal                      |
|-----------|---|--|--------------------|-------------|---------------|----------|-------------------------------|-------------------------------|----------------------------|
| AM        | Multigrain Cheerios Cereal / Milk                                 | Oats / Corn / Rice / Sorghum / Millet / Dairy  |                    |             | Chex Cereal   |          |                               |                               |                            |
| Monday    | Vegetable Medley (Green Beans / Peas / Carrots / Corn)            | Green Bean / Peas / Carrot / Corn  |                    |             |               |          |                               |                               |                            |
|           | Salisbury Steak   | Beef / Soy / Wheat   |                    |             | DF GF Burger  |          | Vegetarian (Soy) Burger       | Vegetarian (Soy) Burger       | Halal Beef Burger          |
|           | Whole Wheat Bread   | Wheat  | MC Sesame          |             | Rice Bread    |          |                               |                               |                            |
|           | Mashed Potato   | Potato   | MC Dairy           |             |               |          |                               |                               |                            |
| PM        | Whole Wheat Oatmeal Raisin Cookie / Baby Carrots / Vanilla Yogurt | Wheat / Oat / Raisins / Apple / Rice / Flaxseed / Carrots / Dairy / Citrus                                     |                    | Yoso Yogurt | GF Cookies    |          | Yoso Yogurt                   |                               |                            |
| AM        | Banana Oatmeal Bar / Applesauce                                   | Banana / Wheat / Barley / Oats / Rice / Apple  |                    |             | GF Muffin     |          |                               |                               |                            |
| Tuesday   | Turkey Meatballs in Tomato Sauce                                  | Turkey / Soy / Wheat / Tomato  | Meatballs - MC Egg |             | Turkey Burger |          | Vegetarian (Soy) Meatballs    | Vegetarian (Soy) Meatballs    | Vegetarian (Soy) Meatballs |
|           | Whole Wheat Bun   | Wheat  | MC Sesame          |             | Rice Bun      |          |                               |                               |                            |
|           | Green Beans   | Green Bean   |                    |             |               |          |                               |                               |                            |
| PM        | Whole Wheat Pita Pocket / Cheese Slice                            | Oats / Wheat / Dairy   |                    | Egg         | Rice Bread    |          | Hummus                        |                               |                            |
| AM        | Blueberry Clusters  | Berries / Oats / Rice/ Flaxseed / Currants / Coconut / Chickpea / Lentil / Chia / Hemp                         |                    |             | GF Cookie     |          |                               |                               |                            |
| Wednesday | Sunshine Mixed Vegetables (Carrots, Green Beans)                  | Carrot / Green Bean  |                    |             |               |          |                               |                               |                            |
|           | Jerk Chicken Drumstick  | Chicken  |                    |             |               |          | Vegetarian (Soy) Jerk Chick'n | Vegetarian (Soy) Jerk Chick'n | Halal Jerk Chicken         |
|           | Rice  | Rice   |                    |             |               |          |                               |                               |                            |
| PM        | Whole Wheat Pumpkin Loaf / Cucumber                               | Wheat / Pumpkin / Apple / Flaxseed / Cucumber  |                    |             | GF Muffin     |          |                               |                               |                            |
| AM        | Whole Wheat Shreddies Cereal / Milk                               | Barley / Wheat / Dairy   |                    |             | Chex Cereal   |          |                               |                               |                            |
| Thursday  | Chicken Rice Soup   | Chicken / Rice / Carrot / Celery   |                    |             |               |          | Bean Rice Soup                | Bean Rice Soup                | Halal Chicken Rice Soup    |
|           | Whole Wheat Bread   | Wheat  | MC Sesame          |             | Rice Bread    |          |                               |                               |                            |
|           | Baby Carrots  | Carrot   |                    |             |               |          |                               |                               |                            |
| PM        | Organic Strawberry Granola Bar                                    | Berries / GF Oat / Apple / Cherries / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Rice |                    |             |               |          |                               |                               |                            |
| AM        | Organic Whole Wheat Banana Muffin                                 | Wheat / Apple / Banana   |                    |             | GF Muffin     |          |                               |                               |                            |
| Friday    | Salsa Fish Filet  | Fish / Legume / Corn / Tomato / Red Pepper / Onion / Citrus  |                    |             |               |          | Vegetarian (Soy) Burger       |                               |                            |
|           | Leafy Greens / Balsamic Dressing                                  | Spinach / Carrot / Cabbage / Lettuce / Fig / Mustard   |                    |             |               |          |                               |                               |                            |
|           | Rice  | Rice   |                    |             |               |          |                               |                               |                            |
| PM        | Wheat Crackers / Cheese Curds                                     | Wheat / Barley / Dairy   |                    | Hummus      | Corn Crackers |          | Hummus                        |                               |                            |

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**ALLERGEN GUIDE - Week 4**  
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YMCA GTA Menu

|           | Menu Selection                                   | Key Ingredients of Main Menu Item                     | May Contain            | Dairy Free    | Gluten Free            | Egg Free | Vegan                          | Vegetarian                     | Halal                         |
|-----------|--|---|------------------------|---------------|------------------------|----------|--------------------------------|--------------------------------|-------------------------------|
| AM        | Whole Grain Oatmeal Squares Cereal / Milk        | Barley / Oats / Wheat / Dairy                         |                        |               | Chex Cereal            |          |                                |                                |                               |
| Monday    | Brown Rice                                       | Rice  |                        |               |                        |          |                                |                                |                               |
|           | Turnip and Carrots                               | Turnip / Carrot                                       |                        |               |                        |          |                                |                                |                               |
|           | Lemon Chicken Drumstick                          | Chicken / Citrus                                      |                        |               |                        |          | Lemon Vegetarian (Soy) Chick'n | Lemon Vegetarian (Soy) Chick'n | Halal Lemon Chicken Drumstick |
| PM        | Rice Cake / Hummus / Baby Carrots                | Rice / Chickpea / Citrus / Carrot                     |                        |               |                        |          |                                |                                |                               |
| AM        | Peach Yogurt / Whole Grain Pumpkin Seed Granola  | Dairy / Peach / Citrus / Oats / Pumpkin Seed          | Granola - MC Gluten    | Yoso Yogurt   | GF Muffin              |          | Yoso Yogurt                    |                                |                               |
| Tuesday   | Green Beans                                      | Green Bean  |                        |               |                        |          |                                |                                |                               |
|           | Beef Chili                                       | Beef / Tomato / Kidney Beans / Pinto Beans            |                        |               |                        |          | Beefstyle Chili                | Beefstyle Chili                | Hala Beef Chili               |
|           | Naan Bread                                       | Wheat   |                        |               | Rice Bread             |          |                                |                                |                               |
| PM        | Whole Wheat Oatmeal Banana Cookie                | Wheat / Banana / Oats                                 |                        |               | GF Cookie              |          |                                |                                |                               |
| AM        | Whole Grain Mini Bagel / Apple Butter            | Wheat / Flaxseed / Rice / Apple                       |                        |               | Rice Bread             |          |                                |                                |                               |
| Wednesday | Coconut Chickpea Curry                           | Coconut / Chickpea / Carrot / Celery / Kale Citrus    |                        |               |                        |          |                                |                                |                               |
|           | Sunshine Mixed Vegetables (Carrots, Green Beans) | Carrot / Green Bean                                   |                        |               | Rice Bun               |          |                                |                                |                               |
|           | Rice   | Rice  |                        |               |                        |          |                                |                                |                               |
| PM        | Social Tea Biscuits                              | Wheat / Dairy   | MC Mustard / MC Sesame | DF Social Tea | GF Cookie              |          | DF Social Tea                  |                                |                               |
| AM        | Organic Whole Wheat Orange Cranberry Muffin      | Wheat / Citrus / Berries / Apple / Flaxseed           |                        |               | GF Muffin              |          |                                |                                |                               |
| Thursday  | Leafy Greens / French Dressing                   | Spinach / Carrot / Cabbage / Lettuce / Mustard        |                        |               |                        |          |                                |                                |                               |
|           | Chicken Noodle Soup                              | Chicken / Wheat / Carrot / Celery                     |                        |               | GF Chicken Noodle Soup |          | Bean Noodle Soup               | Bean Noodle Soup               | Halal Chicken Noodle Soup     |
|           | Whole Wheat Roll                                 | Wheat   | MC Sesame / MC Soy     |               | Rice Bun               |          |                                |                                |                               |
| PM        | Whole Grain Cereal Mix                           | Wheat / Oat / Barley / Rice / Sorghum / Corn / Millet |                        |               | Chex Cereal            |          |                                |                                |                               |
| AM        | Rice Krispies Cereal / Milk                      | Rice / Barley / Dairy                                 |                        |               | Chex Cereal            |          |                                |                                |                               |
|           | Peas and Corn                                    | Peas / Corn   |                        |               |                        |          |                                |                                |                               |
| Friday    | Beef Shepherds Pie                               | Beef / Potato / Carrot / Peas                         |                        |               |                        |          | Beefstyle (Soy) Shepherd's Pie | Beefstyle (Soy) Shepherd's Pie | Halal Beef Shepherd's Pie     |
|           | Whole Wheat Bread                                | Wheat   | MC Sesame              |               | Rice Bread             |          |                                |                                |                               |
| PM        | Pita Pocket / Cheese Curds                       | Oats / Wheat / Dairy                                  |                        | Egg           | Rice Bread             |          | Hummus                         |                                |                               |

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