



ALLERGEN GUIDE - Week 1

Fall / Winter 2021 - 2022

Fish Free - 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	Beef and Vegetable Stew	Beef / Potato / Carrots / Celery / Tomato / Turnip					Bean Stew	Bean Stew	Halal Beef Stew
	Whole Wheat Baguette	Wheat			Rice Bread				
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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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 Splelt 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

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Fish Free - 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	Classic Macaroni and Cheese	Wheat / Dairy		Tomato Sauce Pasta	GF Tomato Sauce Pasta		Tomato Sauce Pasta		
	Garbanzo Bean Salad	Chickpea / Peppers							
	Carrots and Corn	Carrot / Corn							
PM	Wheat Crackers / Cheese Curds	Wheat / Barley / Dairy		Hummus	Corn Crackers		Hummus		

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ALLERGEN GUIDE - Week 4

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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	Beef Chili	Beef / Tomato / Kidney Beans / Pinto Beans					Beefstyle Chili	Beefstyle Chili	Hala Beef Chili
	Green Beans	Green Bean							
	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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