



**ALLERGEN GUIDE - Week 1**  
**Spring / Summer 2024**

Non-Halal Healthy Balance Menu  
 Non-Halal Healthy Choices Menu

|           | Menu Selection             | Key Ingredients of Main Menu Item | Dairy Free  | Gluten Free                    | Egg Free                          | Vegan                            | Vegetarian                       | Halal                            |                              |
|-----------|----------------------------|-----------------------------------|---|--------------------------------|-----------------------------------|----------------------------------|----------------------------------|----------------------------------|------------------------------|
| Monday    | A                          | <b>Beef Burger</b>                | Beef / Soy / Wheat                                | Gluten Free Beef Burger        |                                   | Vegetarian (Soy) Burger          | Vegetarian (Soy) Burger          | Vegetarian (Soy) Burger          |                              |
|           |                            | <b>Hamburger Bun</b>              | Wheat   | Rice Bun                       |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Sunrise Vegetables</b>         | Green Bean / Carrot                               |                                |                                   |                                  |                                  |                                  |                              |
|           | B                          | Chicken Alfredo Pasta             | Chicken / Dairy                                   | Tomato Chicken                 |                                   | Tomato Vegetarian (Soy) Chick'n  | Vegetarian (Soy) Chick'n Alfredo | Vegetarian (Soy) Chick'n Alfredo |                              |
|           | <b>Sunrise Vegetables</b>  | Green Bean / Carrot               |   |                                |                                   |                                  |                                  |                                  |                              |
| Tuesday   | A                          | <b>Breaded Chicken Pieces</b>     | Chicken / Soy / Wheat                             | Plain Diced Chicken            |                                   | Vegetarian (Soy) Chick'n Tenders | Vegetarian (Soy) Chick'n Tenders | Vegetarian (Soy) Chick'n Tenders |                              |
|           |                            | <b>Brown Rice</b>                 | Rice  |                                |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Plum Sauce</b>                 | Plum / Pumpkin / Citrus                           |                                |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Corn</b>                       | Corn  |                                |                                   |                                  |                                  |                                  |                              |
|           | B                          | Turkey Alphabet Soup              | Turkey / Carrot / Celery / Wheat / Soy            | Gluten Free Turkey Noodle Soup |                                   | Bean Alphabet Soup               | Bean Alphabet Soup               | Bean Alphabet Soup               |                              |
|           |                            | Whole Wheat Bread                 | Wheat   | Rice Bread                     |                                   |                                  |                                  |                                  |                              |
|           | <b>Baby Carrots</b>        | Carrot                            |   |                                |                                   |                                  |                                  |                                  |                              |
| Wednesday | A                          | <b>Cheddar Cheese Omelet</b>      | Egg / Dairy                                       | Vegan Egg Patty                | Vegan Egg Patty                   | Vegan Egg Patty                  |                                  |                                  |                              |
|           |                            | <b>Whole Wheat Bread</b>          | Wheat   | Rice Bun                       |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Green Peas</b>                 | Green Pea   |                                |                                   |                                  |                                  |                                  |                              |
|           | B                          | Tomato Beef Mac and Cheese        | Wheat / Beef / Dairy / Tomato                     | Tomato Halal Beef Mac          | Gluten Free Tomato Halal Beef Mac |                                  | Tomato Lentil Mac                | Tomato Lentil Mac and Cheese     | Tomato Lentil Mac and Cheese |
|           |                            | <b>Green Peas</b>                 | Green Pea   |                                |                                   |                                  |                                  |                                  |                              |
| Thursday  | A                          | <b>Teriyaki Chicken Drumstick</b> | Chicken / Apricot                                 | Herbed Chicken Drumstick       |                                   | Teriyaki Chickpeas               | Teriyaki Chickpeas               | Teriyaki Chickpeas               |                              |
|           |                            | <b>Whole Grain Pasta</b>          | Wheat   | Gluten Free Pasta              |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Green Beans</b>                | Green Bean  |                                |                                   |                                  |                                  |                                  |                              |
|           | B                          | Turkey and Corn Chowder           | Turkey / Potato / Dairy / Corn / Celery / Chicken | Turkey and Corn in Gravy       |                                   | Bean and Corn in Gravy           | Bean and Corn Chowder            | Bean and Corn Chowder            |                              |
|           |                            | Cornbread                         | Wheat / Egg / Corn / Dairy                        | Ciabatta Bread                 | Rice Bread                        | Ciabatta Bread                   | Ciabatta Bread                   |                                  |                              |
|           | <b>Green Beans</b>         | Green Bean                        |   |                                |                                   |                                  |                                  |                                  |                              |
| Friday    | A                          | <b>Fish Sticks</b>                | Fish / Soy / Wheat                                | Plain Fish                     |                                   | Vegetarian (Soy) Chick'n Tenders |                                  |                                  |                              |
|           |                            | <b>Brown Rice</b>                 | Rice  |                                |                                   |                                  |                                  |                                  |                              |
|           |                            | <b>Carrots and Turnips</b>        | Carrot / Turnip                                   |                                |                                   |                                  |                                  |                                  |                              |
|           | B                          | Sweet and Sour Beef               | Beef / Tomato / Tamarind                          |                                |                                   | Sweet and Sour Pea Crumbles      | Sweet and Sour Pea Crumbles      | Sweet and Sour Pea Crumbles      |                              |
|           |                            | <b>Brown Rice</b>                 | Rice  |                                |                                   |                                  |                                  |                                  |                              |
|           | <b>Carrots and Turnips</b> | Carrot / Turnip                   |   |                                |                                   |                                  |                                  |                                  |                              |

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**ALLERGEN GUIDE - Week 2**  
**Spring / Summer 2024**

Non-Halal Healthy Balance Menu  
 Non-Halal Healthy Choices Menu

|                                 | Menu Selection      | Key Ingredients of Main Menu Item                      | Dairy Free                                  | Gluten Free                   | Egg Free                                | Vegan           | Vegetarian                          | Halal                               |                                     |
|---------------------------------|---------------------|--|---|-------------------------------|---|-----------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Monday                          | A                   | Beef Meatballs in Gravy                                | Beef / Dairy / Soy / Wheat                  | Beef Burger                   | Gluten Free Beef Burger                 |                 | Vegetarian (Soy) Meatballs in Gravy | Vegetarian (Soy) Meatballs in Gravy | Vegetarian (Soy) Meatballs in Gravy |
|                                 |                     | Brown Rice   | Rice  |                               |   |                 |                                     |                                     |                                     |
|                                 |                     | Diced Carrots  | Carrot                                      |                               |   |                 |                                     |                                     |                                     |
|                                 | B                   | Chicken Noodle Soup                                    | Chicken / Wheat / Carrot / Celery           |                               | Gluten Free Chicken Noodle Soup         |                 | Bean Noodle Soup                    | Bean Noodle Soup                    | Bean Noodle Soup                    |
|                                 |                     | Whole Wheat Dinner Roll                                | Wheat                                       |                               | Rice Bun                                |                 |                                     |                                     |                                     |
|                                 | Baby Carrots        | Carrot   |   |                               |   |                 |                                     |                                     |                                     |
| Tuesday                         | A                   | Butter Chicken   | Chicken / Potato / Dairy / Tomato / Citrus  | Chicken in Tomato Sauce       |   |                 | Red Lentil Curry                    | Red Lentil Curry                    | Red Lentil Curry                    |
|                                 |                     | Naan Bread   | Wheat                                       |                               | Rice Bread                              |                 |                                     |                                     |                                     |
|                                 |                     | Green Beans  | Green Bean                                  |                               |   |                 |                                     |                                     |                                     |
|                                 | B                   | Scrambled Eggs   | Egg / Dairy                                 | Vegan Egg Patty               |   | Vegan Egg Patty | Vegan Egg Patty                     |                                     |                                     |
|                                 |                     | Roasted Potatoes                                       | Potato                                      |                               |   |                 |                                     |                                     |                                     |
|                                 |                     | Shredded Cheddar Cheese                                | Dairy                                       | No Cheese                     |   |                 | No Cheese                           |                                     |                                     |
|                                 |                     | Whole Wheat Bread                                      | Wheat                                       |                               | Rice Bread                              |                 |                                     |                                     |                                     |
| Wednesday                       | A                   | Turkey Burger  | Turkey / Cauliflower                        |                               |   |                 | Vegetarian (Soy) Burger             | Vegetarian (Soy) Burger             | Vegetarian (Soy) Burger             |
|                                 |                     | Hamburger Bun  | Wheat                                       |                               | Rice Bun                                |                 |                                     |                                     |                                     |
|                                 |                     | Cheddar Cheese Slice                                   | Dairy                                       | Vegan Cheese Slice            |   |                 | Vegan Cheese Slice                  |                                     |                                     |
|                                 | Corn                | Corn   |   |                               |   |                 |                                     |                                     |                                     |
|                                 | B                   | Beef Mac and Cheese                                    | Beef / Dairy / Wheat                        | Beef Style (Soy) Tomato Mac   | Gluten Free Beef Style (Soy) Tomato Mac |                 | Beef Style (Soy) Tomato Mac         | Beef Style (Soy) Mac and Cheese     | Beef Style (Soy) Mac and Cheese     |
|                                 | Corn                | Tomato / Citrus  |   |                               |   |                 |                                     |                                     |                                     |
| Thursday                        | A                   | Hidden Bean Lasagna                                    | Wheat / Beans / Tomato / Dairy              | Hidden Bean Lasagna No Cheese | Gluten Free Hidden Bean Lasagna         |                 | Hidden Bean Lasagna No Cheese       |                                     |                                     |
|                                 |                     | Carrots and Turnips                                    | Carrot / Turnip                             |                               |   |                 |                                     |                                     |                                     |
|                                 | B                   | Lemon Chicken Drumstick                                | Chicken / Citrus                            |                               |   |                 | Lemon Chickpeas                     | Lemon Chickpeas                     | Lemon Chickpeas                     |
|                                 |                     | Whole Wheat Pita Pocket                                | Wheat / Oats                                |                               | Rice Bread                              |                 |                                     |                                     |                                     |
|                                 | Carrots and Turnips | Carrot / Turnip  |   |                               |   |                 |                                     |                                     |                                     |
| Friday                          | A                   | Breaded Fish   | Fish / Wheat                                |                               | Plain Fish                              |                 | Vegetarian (Soy) Burger             |                                     |                                     |
|                                 |                     | Hamburger Bun  | Wheat                                       |                               | Rice Bun                                |                 |                                     |                                     |                                     |
|                                 |                     | Peas and Corn  | Green Pea / Corn                            |                               |   |                 |                                     |                                     |                                     |
|                                 | B                   | Italian Ground Turkey with Pasta                       | Wheat / Squash / Zucchini / Tomato / Turkey |                               | Gluten Free Italian Ground Turkey Pasta |                 | Italian Pea Crumble with Pasta      | Italian Pea Crumble with Pasta      | Italian Pea Crumble with Pasta      |
| Leafy Greens / Italian Dressing |                     | Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper |   |                               |   |                 |                                     |                                     |                                     |

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ALLERGEN GUIDE - Week 3  
Spring / Summer 2024

Non-Halal Healthy Balance Menu  
Non-Halal Healthy Choices Menu

|           | Menu Selection                   | Key Ingredients of Main Menu Item                    | Dairy Free   | Gluten Free               | Egg Free                             | Vegan              | Vegetarian                          | Halal                              |                                    |
|-----------|----------------------------------|--|--|---------------------------|--------------------------------------|--------------------|-------------------------------------|------------------------------------|------------------------------------|
| Monday    | A                                | Swedish Turkey Meatballs                             | Turkey / Soy / Wheat / Dairy                         | Turkey Meatballs in Gravy | Turkey Burger in Gravy               |                    | Vegetarian (Soy) Meatballs in Gravy | Swedish Vegetarian (Soy) Meatballs | Swedish Vegetarian (Soy) Meatballs |
|           |                                  | Whole Grain Pasta                                    | Wheat  |                           | Rice Pasta                           |                    |                                     |                                    |                                    |
|           |                                  | Vegetable Medley                                     | Green Bean / Green Pea / Carrot / Corn               |                           |                                      |                    |                                     |                                    |                                    |
|           | B                                | Ground Beef Sloppy Joe                               | Beef / Pepper / Mustard / Tomato                     |                           |                                      |                    | Lentil Sloppy Joe                   | Lentil Sloppy Joe                  | Lentil Sloppy Joe                  |
|           | Hamburger Bun                    | Wheat  |  |                           | Rice Bun                             |                    |                                     |                                    |                                    |
|           | White Cheese Slice               | Dairy  | Vegan Cheese Slice                                   |                           |                                      | Vegan Cheese Slice |                                     |                                    |                                    |
|           | Vegetable Medley                 | Green Bean / Green Pea / Carrot / Corn               |  |                           |                                      |                    |                                     |                                    |                                    |
| Tuesday   | A                                | Breaded Fish Sticks                                  | Fish / Soy / Wheat                                   |                           | Plain Fish                           |                    | Vegetarian (Soy) Chick'n Tenders    |                                    |                                    |
|           |                                  | Whole Wheat Wrap                                     | Rice / Wheat   |                           | Corn Taco                            |                    |                                     |                                    |                                    |
|           |                                  | Broccoli   | Broccoli   |                           |                                      |                    |                                     |                                    |                                    |
|           | B                                | Chicken Tikka Stew                                   | Chicken / Dairy / Tomato / Citrus / Celery / Carrot  | Chicken in Tomato Sauce   |                                      |                    | Chickpeas in Tomato Sauce           | Chickpea Tikka Stew                | Chickpea Tikka Stew                |
|           | Whole Wheat Pita Pocket          | Wheat / Oats   |  |                           | Rice Bread                           |                    |                                     |                                    |                                    |
|           | Broccoli                         | Broccoli   |  |                           |                                      |                    |                                     |                                    |                                    |
| Wednesday | A                                | BBQ Chicken Drumstick                                | Chicken / Tomato / Tamarind                          |                           |                                      |                    | Cauliflower Bites                   | Cauliflower Bites                  | Cauliflower Bites                  |
|           |                                  | Brown Rice   | Rice   |                           |                                      |                    |                                     |                                    |                                    |
|           |                                  | Leafy Greens / Balsamic Dressing                     | Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard |                           |                                      |                    |                                     |                                    |                                    |
|           | B                                | Beef Bolognese Pasta                                 | Wheat / Beef / Tomato                                |                           | Gluten Free Beef Bolognese Pasta     |                    | Pea Crumble Bolognese Pasta         | Pea Crumble Bolognese Pasta        | Pea Crumble Bolognese Pasta        |
|           | Leafy Greens / Balsamic Dressing | Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard |  |                           |                                      |                    |                                     |                                    |                                    |
| Thursday  | A                                | Teriyaki Diced Turkey                                | Turkey / Soy / Wheat / Barley / Citrus               |                           | Turkey in Gravy                      |                    | Teriyaki Chick'n (Soy)              | Teriyaki Chick'n (Soy)             | Teriyaki Chick'n (Soy)             |
|           |                                  | Whole Wheat Bread                                    | Wheat  |                           | Rice Bread                           |                    |                                     |                                    |                                    |
|           |                                  | Corn   | Corn   |                           |                                      |                    |                                     |                                    |                                    |
|           | B                                | Egg Patty  | Egg / Dairy  | Vegan Egg Patty           |                                      | Vegan Egg Patty    | Vegan Egg Patty                     |                                    |                                    |
|           |                                  | Whole Wheat English Muffin                           | Wheat  |                           |                                      | Rice Bread         |                                     |                                    |                                    |
|           |                                  | Cheddar Cheese Slice                                 | Dairy  | Vegan Cheese Slice        |                                      |                    | Vegan Cheese Slice                  |                                    |                                    |
|           | Corn                             | Corn   |  |                           |                                      |                    |                                     |                                    |                                    |
| Friday    | A                                | Macaroni and Cheese                                  | Wheat / Dairy  | Macaroni in Tomato Sauce  | Gluten Free Macaroni in Tomato Sauce |                    | Macaroni in Tomato Sauce            |                                    |                                    |
|           |                                  | Black Bean and Corn Salad                            | Black Bean / Corn / Tomato / Citrus                  |                           |                                      |                    |                                     |                                    |                                    |
|           |                                  | Diced Carrots  | Carrot   |                           |                                      |                    |                                     |                                    |                                    |
|           | B                                | Breaded Chicken                                      | Chicken / Soy / Wheat                                |                           | Plain Diced Chicken                  |                    | Vegetarian (Soy) Chick'n Tenders    | Vegetarian (Soy) Chick'n Tenders   | Vegetarian (Soy) Chick'n Tenders   |
|           |                                  | Hamburger Bun  | Wheat  |                           |                                      | Rice Bun           |                                     |                                    |                                    |
|           | Diced Carrots                    | Carrot   |  |                           |                                      |                    |                                     |                                    |                                    |

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**ALLERGEN GUIDE - Week 4**  
**Spring / Summer 2024**

Non-Halal Healthy Balance Menu  
 Non-Halal Healthy Choices Menu

|              | Menu Selection                    | Key Ingredients of Main Menu Item                               | Dairy Free  | Gluten Free                            | Egg Free   | Vegan                | Vegetarian                              | Halal                                   |                          |
|--------------|-----------------------------------|---|---|--|--|----------------------|---|---|--------------------------|
| Monday       | A                                 | Breaded Chicken Pieces  | Chicken / Soy / Wheat   |  | Plain Diced Chicken                              |                      | Vegetarian (Soy) Chick'n Tenders        | Vegetarian (Soy) Chick'n Tenders        |                          |
|              |                                   | Brown Rice  | Rice  |  |  |                      |   |   |                          |
|              |                                   | Plum Sauce  | Plum / Pumpkin / Citrus   |  |  |                      |   |   |                          |
|              |                                   | Green Beans   | Green Bean  |  |  |                      |   |   |                          |
|              | B                                 | Turkey Lasagna  | Turkey / Tomato / Dairy / Wheat                                 | Turkey Lasagna No Cheese               | Gluten Free Turkey Lasagna                       |                      | Beef Style (Soy) Lasagna                | Beef Style (Soy) Lasagna                | Beef Style (Soy) Lasagna |
|              |                                   | Green Beans   | Green Bean  |  |  |                      |   |   |                          |
| Tuesday      | A                                 | Egg Patty   | Egg / Dairy   | Vegan Egg Patty                        |  | Vegan Egg Patty      | Vegan Egg Patty                         |   |                          |
|              |                                   | Whole Wheat Texas Toast   | Wheat   |  | Rice Bread                                       |                      |   |   |                          |
|              |                                   | Cheddar Cheese Slice  | Dairy   | Vegan Cheese Slice                     |  |                      | Vegan Cheese Slice                      |   |                          |
|              |                                   | Diced Carrots   | Carrot  |  |  |                      |   |   |                          |
|              | B                                 | Mini Beef Meatball Soup   | Beef / Wheat / Soy / Sunflower / Carrot / Spinach               |  | Gluten Free Halal Ground Beef Soup               |                      | White Kidney Bean Soup                  | White Kidney Bean Soup                  | White Kidney Bean Soup   |
|              |                                   | Whole Wheat Dinner Roll   | Wheat   |  | Rice Bread                                       |                      |   |   |                          |
| Baby Carrots |                                   | Carrot  |   |  |  |                      |   |   |                          |
| Wednesday    | A                                 | Herbed Chicken Drumstick  | Chicken   |  |  | Herbed Chick'n (Soy) | Herbed Chick'n (Soy)                    | Herbed Chick'n (Soy)                    |                          |
|              |                                   | Brown Rice  | Rice  |  |  |                      |   |   |                          |
|              |                                   | Peas and Corn   | Green Pea / Corn  |  |  |                      |   |   |                          |
|              | B                                 | BBQ Diced Turkey  | Turkey / Tomato / Tamarind                                      |  |  |                      | BBQ Chick'n (Soy)                       | BBQ Chick'n (Soy)                       | BBQ Chick'n (Soy)        |
|              |                                   | Brown Rice  | Rice  |  |  |                      |   |   |                          |
|              |                                   | Peas and Corn   | Green Pea / Corn  |  |  |                      |   |   |                          |
| Thursday     | A                                 | Beef Burger   | Beef / Soy / Wheat  |  | Gluten Free Beef Burger                          |                      | Vegetarian (Soy) Burger                 | Vegetarian (Soy) Burger                 |                          |
|              |                                   | Hamburger Bun   | Wheat   |  | Rice Bun   |                      |   |   |                          |
|              |                                   | Carrots and Turnips   | Carrot / Turnip   |  |  |                      |   |   |                          |
|              | B                                 | Whitefish Bowtie Pasta in Rose Sauce                            | Wheat / Tomato / Dairy / Fish                                   | Whitefish Bowtie Pasta in Tomato Sauce | Gluten Free Whitefish Bowtie Pasta in Rose Sauce |                      | Lentil Bowtie Pasta in Rose Sauce       |   |                          |
|              | Carrots and Turnips               | Carrot / Turnip   |   |  |  |                      |   |   |                          |
| Friday       | A                                 | Beef Bolognese Whole Grain Pasta                                | Wheat / Beef / Tomato   |  | Gluten Free Beef Bolognese Whole Grain Pasta     |                      | Pea Crumble Bolognese Whole Grain Pasta | Pea Crumble Bolognese Whole Grain Pasta |                          |
|              |                                   | Leafy Greens / Raspberry Dressing                               | Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy |  |  |                      |   |   |                          |
|              | B                                 | Balsamic Chicken Drumstick                                      | Chicken / Grape   |  |  |                      | Balsamic Chickpeas                      | Balsamic Chickpeas                      |                          |
|              |                                   | Whole Grain Pasta   | Wheat   |  | Rice Pasta                                       |                      |   |   |                          |
|              | Leafy Greens / Raspberry Dressing | Carrot / Cabbage / Lettuce / Spinach / Berries / Citrus / Poppy |   |  |  |                      |   |   |                          |

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