



PACKED LUNCH ALLERGEN GUIDE

for Weeks 1 and 3

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	Cheddar Cheese with Lettuce on WW Bread	Wheat / Dairy / Soy / Lettuce	Carvery Chicken on WW Bread	Cheddar Cheese on Rice Bread		Hummus on WW Bread		
	Apple	Apple						
	Baby Carrots	Carrot						
	Spice Snaps	Wheat		Gluten Free Cookie				
	Turkey Salad with Lettuce on WW Sub Bun	Turkey / Egg / Soy / Mustard / Wheat / Dairy / Lettuce	No Margarine	Turkey Salad on Rice Bread	Turkey Salad with French Dressing on Sub Bun	Hummus on Sub Bun	Hummus on Sub Bun	Halal Chicken Salad on Sub Bun
Tuesday	Hardboiled Egg, Cheese, Whole Wheat Pita	Dairy / Egg / Wheat / Oats	Edamame	Gluten Free Corn Crackers	Hummus	Hummus and Edamame		
	Melon Cup	Melon						
	Grape Tomatoes	Tomato						
	Organic Granola Minis	Oats / Raisins / Rice / Berry / Apple / Broccoli / Spinach / Carrot / Tomato / Beet / Mushroom		Gluten Free Cookie				
	Roast Beef with Lettuce on WW Bread	Beef / Dairy / Soy / Lettuce / Wheat	No Margarine	Roast Beef on Rice Bread		Hummus on WW Bread	Cheese on WW Bread	Halal Carvery Chicken on WW Bread
Wednesday	Beef Meatballs, Tomato Sauce, Whole Wheat Sub Bun	Beef / Dairy / Wheat / Gluten / Soy / Tomato	Roast Beef on Sub Bun	Roast Beef on Rice Bun		Veggie Meatballs on Sub Bun	Veggie Meatballs on Sub Bun	Veggie Meatballs on Sub Bun
	Pear	Pear						
	Baby Carrots	Carrot						
	Organic Ginger Snaps	Spelt / Barley		Gluten Free Cookie				
	Chicken Salad on Sub Bun served with Cheese and Lettuce	Chicken / Dairy / Egg / Wheat / Soy / Mustard / Lettuce	No Cheese / No Margarine	Chicken Salad on Rice Bread	Chicken Salad with French Dressing on Sub Bun	Hummus on Sub Bun	Cheese on Sub Bun	Halal Chicken Salad on Sub Bun
Thursday	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce	Chicken / Potato / Dairy / Soy / Wheat / Lettuce	No Margarine	Carvery Chicken on Rice Bread		Hummus on Sub Bun	Cheese on Sub Bun	Halal Carvery Chicken on Sub Bun
	Apple	Apple						
	Grape Tomatoes	Tomato						
	Social Tea Cookie	Wheat		Gluten Free Cookie				
	Roast Beef on Ciabatta served with Lettuce	Beef / Dairy / Soy / Lettuce / Wheat	No Margarine	Roast Beef on Rice Bread		Hummus on Ciabatta	Cheese on Ciabatta	Halal Carvery Chicken on Ciabatta
Friday	Cheddar Cheese with Lettuce on WW Bread	Wheat / Dairy / Soy / Lettuce	Carvery Chicken on WW Bread	Cheddar Cheese on Rice Bread		Hummus on WW Bread		
	Apple	Apple						
	Baby Carrots	Carrot						
	Spice Snaps	Wheat		Gluten Free Cookie				
	Turkey Salad with Lettuce on WW Sub Bun	Turkey / Egg / Soy / Mustard / Wheat / Dairy / Lettuce	No Margarine	Turkey Salad on Rice Bread	Turkey Salad with French Dressing on Sub Bun	Hummus on Sub Bun	Hummus on Sub Bun	Halal Chicken Salad on Sub Bun

If Space is Blank no replacement is required

Eat Grow Thrive



PACKED LUNCH ALLERGEN GUIDE

for Weeks 2 and 4

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	Chicken Salad on Sub Bun served with Cheese and Lettuce	Chicken / Dairy / Egg / Wheat / Soy / Lettuce / Mustard	No Cheese / No Margarine	Chicken Salad on Rice Bread	Chicken Salad with French Dressing on Sub Bun	Hummus on Sub Bun	Cheese on Sub Bun	Halal Chicken Salad on Sub Bun
	Pear	Pear						
	Baby Carrots	Carrot						
	Organic Ginger Snaps	Spelt / Barley		Gluten Free Cookie				
	Cheese on WW Bread Served with Lettuce	Dairy / Soy / Wheat / Lettuce	Carvery Chicken on WW Bread	Cheese on Rice Bread		Hummus on WW Bread		
Tuesday	Cold BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				Chickpea Salad	Chickpea Salad	Halal BBQ Drumstick
	Noor Roll	Wheat		Rice Bun				
	Apple	Apple						
	Baby Carrots	Carrot						
	Spice Snaps	Wheat		Gluten Free Cookie				
	Whole Wheat Cheese Quesadilla served with Salsa	Dairy / Wheat / Rice / Tomato / Pepper	Carvery Chicken Wrap	Cheese on Rice Bread		Hummus on WW Bread		
Wednesday	Cheddar Cheese on WW Sub Bun served with Lettuce	Wheat / Dairy / Lettuce / Soy	Carvery Chicken on WW Sub	Cheese on Rice Bread		Hummus on Sub Bun		
	Pear	Pear						
	Grape Tomatoes	Tomato						
	Social Tea Cookie	Wheat		Gluten Free Cookie				
	Carvery Chicken on Whole Wheat Sub Bun served with Lettuce	Chicken / Dairy / Soy / Wheat / Lettuce	No Margarine	Carvery Chicken on Rice Bread		Hummus on Sub Bun	Cheese on Sub Bun	Halal Carvery Chicken on Sub Bun
Thursday	Cold Chicken Nuggets, Whole Wheat Wrap	Chicken / Soy / Wheat / Rice		Plain Chicken Breast with Corn Taco		Veggie (Soy) Nuggets	Veggie Nuggets	Halal Chicken Nugget
	Plum Sauce	Pumpkin / Plum						
	Pear	Pear						
	Baby Carrots	Carrot						
	Organic Ginger Snaps	Spelt / Barley		Gluten Free Cookie				
	Carvery Roast Beef on WW Bread served with Cheese, Lettuce	Beef / Wheat / Dairy / Soy / Lettuce	No Cheese / No Margarine	Roast Beef on Rice Bread		Hummus on WW Bread	Cheese on WW Bread	Halal Carvery Chicken on WW Bread
Friday	Chicken Breast on Whole Wheat Focaccia served with Lettuce, Tomato	Chicken / Dairy / Soy / Wheat / Lettuce / Tomato	No Margarine	Chicken Breast on Rice Bread		Hummus on Focaccia Bread	Cheese on Focaccia Bread	Halal Carvery Chicken on Focaccia Bread
	Apple	Apple						
	Grape Tomatoes	Tomato						
	Social Tea Cookie	Wheat		Gluten Free Cookie				
	Cheddar Cheese on Whole Wheat Bread served with Lettuce	Dairy / Soy / Wheat / Lettuce	Carvery Chicken on WW Bread	Cheese on Rice Bread		Hummus on WW Bread		

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Effective November 22, 2024
Last Revised: January 9, 2025

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