

		Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
Monday	A	Breaded Chicken Pieces	Chicken / Wheat / Gluten / Soy / Corn		Plain Chicken		Vegetarian "Chick'n" Tenders	Vegetarian "Chick'n" Tenders	Halal Breaded Chicken Pieces
		Brown Rice	Rice						
		Plum Sauce	Plum / Pumpkin / Citrus						
		Sunrise Mix	Green Bean / Legume / Carrot						
	B	Classic Mac and Cheese	Wheat / Gluten / Dairy	Macaroni in Tomato Sauce	Gluten Free Rice Pasta in Tomato Sauce		Macaroni in Tomato Sauce		
		Quinoa, Black Bean & Corn Salad	Black Bean / Corn / Citrus / Quinoa / Pepper						
		Sunrise Mix	Green Bean / Legume / Carrot						
Tuesday	A	Turkey Meatballs in Marinara Sauce	Turkey / Rice / Dairy / Tomato	Turkey Burger in Marinara Sauce			Vegetarian Meatballs	Vegetarian Meatballs	Vegetarian Meatballs
		Whole Wheat Sub Bun	Wheat / Gluten		Rice Sub Bun				
		4 Way Mix	Green Bean / Green Pea / Carrot / Corn						
	B	Minestrone Soup	Tomato / Spinach / Carrot / Celery / Zucchini / Kidney Bean / Wheat		Minestrone Soup with Rice Pasta				
		Whole Wheat Baguette	Wheat / Gluten		Rice Bun				
		PS/SA: Cucumber Slices IT: Peeled Cucumber Slices	Cucumber						
Wednesday	A	Beef Bolognese	Beef / Tomato				Vegetarian Beef Style Bolognese	Vegetarian Beef Style Bolognese	Vegetarian Halal Beef Bolognese
		Bowtie Pasta	Wheat / Gluten		Rice Pasta				
		Green Peas	Green Peas / Legume						
	B	Teriyaki Fish	Fish / Wheat / Gluten / Soy / Barley / Citrus		Fish in Brown Sauce		Teriyaki Chickpeas		
		Brown Rice	Rice						
		Green Peas	Green Peas / Legume						
Thursday	A	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Whole Wheat French Toast Bites	Wheat / Gluten / Barley / Egg / Dairy	Noor Roll	Rice Roll	Noor Roll	Noor Roll		
		California Mix	Broccoli / Carrot / Cauliflower						
	B	Chicken Cacciatore	Chicken / Pepper / Tomato / Carrot / Turnip				Pea Crumble Cacciatore	Pea Crumble Cacciatore	Halal Chicken Cacciatore
		Whole Grain Penne	Wheat / Gluten		Rice Pasta				
		California Mix	Broccoli / Carrot / Cauliflower						
Friday	A	PS/SA: Jerk Chicken Drumstick	Chicken / Pepper				Vegetarian Jerk "Chick'n"	Vegetarian Jerk "Chick'n"	Halal Jerk Chicken Drumstick
		IT: Diced Jerk Chicken	Chicken / Celery / Carrot / Pepper				Vegetarian Jerk "Chick'n"	Vegetarian Jerk "Chick'n"	Halal Diced Jerk Chicken
		Coconut Rice	Rice / Coconut						
		PS/SA: Leafy Greens / French Dressing	Lettuce / Cabbage / Carrot / Spinach / Mustard						
		IT: Carrots & Turnips	Carrot / Turnip						
	B	Ground Beef Sloppy Joe	Beef / Pepper / Mustard / Tomato				Lentil Sloppy Joe	Lentil Sloppy Joe	Halal Ground Beef Sloppy Joe
		Hamburger Bun	Wheat / Gluten		Rice Bun				
		Mozzarella Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Carrots & Turnips	Carrot / Turnip						

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Monday	A	Fish Sticks	Fish / Soy / Wheat / Gluten		Plain Fish		Vegetarian "Chick'n" Tenders		
		Brown Rice	Rice						
		Lemon Garlic Sauce	Citrus / Mustard / Dairy	No Sauce			No Sauce		
		Carrots & Green Peas	Carrot / Green Pea / Legume						
	B	Chicken Bolognese	Chicken / Tomato				Pea Crumble Bolognese	Pea Crumble Bolognese	Halal Chicken Bolognese
		Whole Grain Rotini	Wheat / Gluten		Rice Pasta				
		Carrots & Green Peas	Carrot / Green Pea / Legume						
Tuesday	A	Chicken Noodle Soup	Chicken / Carrot / Celery / Wheat Gluten		Chicken Noodle Soup with Rice Pasta		Vegetable Bean Noodle Soup	Vegetable Bean Noodle Soup	Halal Chicken Noodle Soup
		Javaneh Slice	Wheat / Gluten		Rice Roll				
		Baby Carrots	Carrot						
	B	Teriyaki Beef Meatballs	Beef / Dairy / Wheat / Gluten / Soy / Barley / Citrus	Teriyaki Beef Burger	Gluten Free Beef Burger		Teriyaki Vegetarian Meatballs	Teriyaki Vegetarian Meatballs	Teriyaki Vegetarian Meatballs
		Brown Rice	Rice						
Wednesday	A	Beef Burger	Beef / Wheat / Gluten / Soy		Gluten Free Beef Burger		Vegetarian Burger	Vegetarian Burger	Halal Beef Burger
		Hamburger Bun	Wheat / Gluten		Rice Bun				
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Green Beans	Green Bean / Legume						
	B	Carvery Chicken with Gravy	Chicken / Potato				Vegetarian "Chick'n" with Gravy	Vegetarian Chick'n with Gravy	Halal Carvery Chicken with Gravy
		Whole Wheat Bread	Wheat / Gluten		Rice Roll				
		Sweet Potato Mash	Sweet Potato						
Thursday	A	PS/SA: BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				BBQ Vegetarian "Chick'n"	BBQ Vegetarian "Chick'n"	Halal BBQ Chicken Drumstick
		IT: BBQ Diced Chicken	Chicken / Celery / Carrot / Tomato				BBQ Vegetarian "Chick'n"	BBQ Vegetarian "Chick'n"	Halal BBQ Diced Chicken
		Veggie Quinoa Blend	Quinoa / Carrot / Green Pea / Legume / Celery / Soy						
		Broccoli	Broccoli						
	B	Mexican Bean Chili	Corn / Beans / Legume / Tomato						
		Corn Bread	Wheat / Gluten / Egg / Corn / Dairy	Noor Roll	Rice Roll	Noor Roll	Noor Roll		
		Broccoli	Broccoli						
Friday	A	Classic Mac and Cheese	Wheat / Gluten / Dairy	Macaroni in Tomato Sauce	Rice Pasta in Tomato Sauce		Rice Pasta in Tomato Sauce		
		Chickpea and Orzo Salad	Wheat / Gluten / Chickpea / Legume / Cucumber / Pepper / Citrus		Chickpea Pepper Salad				
		California Mix	Broccoli / Carrot / Cauliflower						
	B	Breaded Fish Pieces	Fish / Rice		Plain Fish		Vegetarian "Chick'n" Tenders		
		Brown Rice	Rice						
		California Mix	Broccoli / Carrot / Cauliflower						

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Monday	A	Breaded Chicken Pieces	Chicken / Wheat / Gluten / Soy		Plain Chicken		Vegetarian "Chick'n" Tenders	Vegetarian "Chick'n" Tenders	Halal Breaded Chicken Pieces
		Brown Rice	Rice						
		Plum Sauce	Plum / Pumpkin / Citrus						
		Corn & Peas	Corn / Green Pea / Legume						
	B	Chickpea Tikka Masala	Chickpea / Legume / Pepper / Carrot / Celery / Soy / Tomato / Citrus / Dairy	Chickpeas in Tomato Sauce			Chickpeas in Tomato Sauce		
		Brown Rice	Rice						
		Corn & Peas	Corn / Green Pea / Legume						
Tuesday	A	Winter Vegetable Bean and Lentil Soup	Rice / Lentil / Legume / Quinoa / Sorghum / Celery / Carrot / Tomato / Beans						
		Whole Wheat Baguette	Wheat / Gluten		Rice Bread				
		PS/SA: Cucumber Slices	Cucumber						
		IT: Peeled Cucumber Slices	Cucumber						
	B	BBQ Beef Meatballs	Beef / Dairy / Soy / Wheat / Gluten / Tomato	BBQ Beef Burger	BBQ Beef Burger		BBQ Vegetarian Meatballs	BBQ Vegetarian Meatballs	BBQ Vegetarian Meatballs
		Whole Wheat Sub Bun	Wheat / Gluten		Rice Sub Bun				
		Green Beans	Green Bean / Legume						
Wednesday	A	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	Wheat / Gluten / Squash / Zucchini / Beef / Tomato		Beef Rice Pasta in Tomato Sauce		Vegetarian Italian Beef Style Shells in Tomato Sauce	Vegetarian Italian Beef Style Shells in Tomato Sauce	Halal Italian Seasoned Beef Pasta Shells in Tomato Sauce
		California Mix	Broccoli / Carrot / Cauliflower						
	B	Turkey Burger	Turkey / Cauliflower				Vegetarian Burger	Vegetarian Burger	Halal Turkey Burger
		Hamburger Bun	Wheat / Gluten / Squash / Zucchini / Beef / Tomato						
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		California Mix	Broccoli / Carrot / Cauliflower						
Thursday	A	Egg Patty	Egg / Dairy	Vegan Egg Patty		Vegan Egg Patty	Vegan Egg Patty		
		Cheddar Cheese Slice	Dairy	Vegan Cheese Slice			Vegan Cheese Slice		
		Whole Wheat English Muffin	Wheat / Gluten / Squash / Zucchini / Beef / Tomato		Rice Bun				
		Sunrise Mix	Green Bean / Legume / Carrot						
	B	Butter Chicken	Chicken / Potato / Tomato / Dairy / Citrus	Butter Chicken in Tomato Sauce			Tofu in Tomato Sauce	Butter Tofu	Halal Butter Chicken
		Mini Savoury Naan	Wheat / Gluten		Rice Bread				
		Sunrise Mix	Green Bean / Legume / Carrot						
Friday	A	PS/SA: Balsamic Glazed Chicken Drumstick	Chicken / Grapes				Balsamic Chickpeas	Balsamic Chickpeas	Halal Balsamic Glazed Chicken Drumstick
		IT: Diced Balsamic Chicken	Chicken / Celery / Carrot / Grape				Balsamic Chickpeas	Balsamic Chickpeas	Halal Diced Balsamic Chicken
		Brown Rice	Rice						
		PS/SA: Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper						
		IT: Green Peas	Green Peas / Legume						
	B	Whitefish Lasagna	Fish / Tomato / Dairy / Wheat / Gluten	Whitefish Lasagna - No Cheese	Whitefish Lasagna with Rice Pasta		Vegan Bean Lasagna		
		Green Peas	Green Peas / Gluten						

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Monday	A	Breaded Fish Patty	Fish / Wheat / Gluten / Soy		Fish in Brown Sauce		Vegetarian Burger	Vegetarian Burger	
		Hamburger Bun	Wheat / Gluten		Rice Bun				
		Lemon Garlic Sauce	Citrus / Mustard / Dairy	No Sauce					
		Green Peas	Green Peas / Legume						
	B	Beef Sheppard's Pie with Mash Potato	Beef / Green Peas / Legume / Carrot / Soy / Wheat / Gluten / Potato		Ground Beef and Tomato Sauce		Vegetarian Beef Style Sheppard's Pie	Vegetarian Beef Style Sheppard's Pie	Halal Ground Beef Sheppard's Pie
		Whole Wheat Dinner Roll	Wheat / Gluten		Rice Roll				
		Green Peas	Green Peas / Legume						
Tuesday	A	Salisbury Steak with Gravy	Beef / Wheat / Gluten / Soy		Gluten Free Beef Burger		Vegetarian Burger	Vegetarian Burger	Halal Beef Burger
		Brown Rice	Rice						
		Carrots & Turnips	Carrot / Turnip						
	B	Chicken & Egg "Fried" Rice	Chicken / Egg / Dairy / Rice / Green Peas / Legume / Carrot / Wheat / Gluten / Soy	Chicken "Fried" Rice	Diced Chicken and Rice	Chicken "Fried" Rice	Vegan "Chick'n" "Fried" Rice	Vegetarian Egg "Fried" Rice	Halal Chicken and Egg "Fried" Rice
		Carrots & Turnips	Carrot / Turnip						
Wednesday	A	Cheddar Cheese Omelet	Egg / Dairy	Chicken Cutlet		Chicken Cutlet	Vegetarian "Chick'n" Tenders		
		Whole Wheat English Muffin	Wheat / Gluten		Rice Bun				
		4 Way Mix	Green Bean / Green Pea / Legume / Carrot / Corn						
	B	Turkey Bowtie Pasta in Rose Sauce	Turkey / Tomato / Dairy / Wheat / Gluten	Turkey Bowtie Pasta in Tomato Sauce	Turkey Rice Pasta in Rose Sauce		Pea Crumble Bowtie Pasta in Rose Sauce	Pea Crumble Bowtie Pasta in Rose Sauce	Halal Chicken Bowtie Pasta in Rose Sauce
		4 Way Mix	Green Bean / Green Pea / Legume / Carrot / Corn						
Thursday	A	Turkey Alphabet Soup	Turkey / Carrot / Celery / Wheat / Gluten / Soy		Turkey Soup with Rice Pasta		Bean Alphabet Soup	Bean Alphabet Soup	Halal Chicken Alphabet Soup
		Whole Wheat Bread	Wheat / Gluten		Rice Bread				
		PS/SA: Baby Carrots	Carrot						
		IT: Blanched Carrot Sticks	Carrot						
	B	Mediterranean Falafel	Sweet Potato / Potato / Chickpea / Legume						
		Tzatziki Sauce	Cucumber / Dairy	No Sauce		No Sauce			
		Brown Rice	Rice						
		California Mix	Broccoli / Carrot / Cauliflower						
Friday	A	PS/SA: Herbed Chicken Drumstick	Chicken				Vegetarian Herb "Chick'n"	Vegetarian Herb "Chick'n"	Herbed Halal Chicken Drumstick
		IT: Herb Diced Chicken	Chicken / Celery / Carrot				Vegetarian Herb "Chick'n"	Vegetarian Herb "Chick'n"	Herb Halal Diced Chicken
		Brown Rice	Rice						
		PS/SA: Leafy Greens with Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
		IT: Green Beans	Green Beans / Legume						
	B	Beef Lasagna	Beef / Tomato / Dairy / Wheat / Gluten	Beef Lasagna - No Cheese	Beef Lasagna with Rice Pasta		Vegetarian Beefstyle Lasagna	Vegetarian Beefstyle Lasagna	Halal Beef Lasagna
		Green Beans	Green Beans / Legume						