



ALLERGEN GUIDE - Week 1

Spring / Summer 2022

Healthy Choices Plus Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multi-grain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders
	Brown Rice	Rice						
	Peas and Corn	Corn / Green Pea						
	Plum Sauce	Plum / Pumpkin / Apricot						
	Beef and Gravy	Beef				Black Beans and Gravy	Black Beans and Gravy	Halal Beef and Gravy
PM	Organic Whole Grain Mini Ginger Snaps / Vanilla Yogurt	Spelt / Barley / Citrus / Dairy	Coconut Yogurt	Gluten Free Oatmeal Cookie		Vanilla Coconut Yogurt		
AM	Organic Mixed Berry Granola Minis / Applesauce	GF Oats / Currants / Apple / Rice / Berries / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom						
Tuesday	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Whole Grain Bun	Wheat		Rice Bun				
	Leafy Greens / Italian Dressing	Carrot / Cabbage / Lettuce / Spinach / Citrus / Pepper						
	Homemade Turkey and Whole Grain Noodle Soup	Turkey / Onion / Carrot / Celery / Wheat		Gluten Free Turkey Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
	Artisan Bread Roll	Wheat		Rice Bread				
	Baby Carrots	Carrot						
PM	Banana Oatmeal Bar / Edamame	Oats / Wheat / Banana / Rice / Barley / Soy		Gluten Free Oatmeal Cookie				
AM	Organic Oatmeal Apple Cookie	Apple / Oats / Wheat		Gluten Free Oatmeal Cookie				
Wednesday	Egg Patty	Egg / Dairy	Chicken Burger		Chicken Burger	Vegetarian (Soy) Chick'n Tenders		
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat English Muffin	Wheat		Rice Bread				
	Green Peas	Green Pea						
	Chicken Vegetable Mild Curry	Chicken / Potato / Carrot / Onion / Pepper / Coconut				Lentil and Vegetable Curry	Lentil and Vegetable Curry	Halal Chicken Vegetable Curry
	Brown Rice	Rice						
PM	Whole Wheat Breadsticks / Cheddar Cheese Cubes / Guacamole	Wheat / Barley / Spelt / Rice / Dairy / Avocado / Citrus	Hummus	Gluten Free Corn Crackers		Hummus		
AM	Organic Whole Wheat Lemon Blueberry Muffin	Citrus / Berries / Apple / Wheat / Flaxseed		Gluten Free Pumpkin Muffin				
Thursday	BBQ Chicken Drumstick	Chicken / Tomato / Tamarind				Vegetarian (Soy) BBQ Chick'n	Vegetarian (Soy) BBQ Chick'n	Halal BBQ Chicken
	Brown Rice	Rice						
	California Vegetables	Broccoli / Carrot / Cauliflower						
	Turkey Macaroni and Cheese	Turkey / Wheat / Dairy	Turkey Macaroni in Tomato Sauce	Gluten Free Turkey Macaroni and Cheese		Bean Macaroni in Tomato Sauce	Bean Macaroni in Tomato Sauce	Halal Chicken Macaroni and Cheese
PM	Whole Wheat Pita Pocket / Cheddar Cheese Slice / Cucumber Slices	Wheat / Oats / Dairy / Cucumber	Carvery Chicken	Rice Bread		Hummus		
AM	Whole Grain Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Friday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'nTenders		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Green Beans	Green Bean						
	Whole Grain Pasta Bolognese (Beef and Tomato Sauce)	Onion / Beef / Tomato / Wheat		Gluten Free Pasta Bolognese		Beef Style (Soy) Pasta Bolognese	Beef Style (Soy) Pasta Bolognese	Halal Beef Pasta Bolognese
PM	Whole Wheat Apple Cinnamon Loaf / Hardboiled Egg	Apple / Wheat / Flaxseed / Egg		Gluten Free Oatmeal Cookie	Cheese Curds			

If Space is Blank no replacement is required

Effective April 18, 2022

Eat Grow Thrive

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
Monday	Turkey Burger	Turkey / Cauliflower				Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Vegetarian (Soy) Burger
	Whole Grain Bun	Wheat		Rice Bun				
	Cheddar Cheese	Dairy	No Cheese			No Cheese		
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
	White Fish Lasagna	Fish / Tomato / Dairy / Wheat	White Fish Lasagna No Cheese	Gluten Free White Fish Lasagna		Bean Lasagna		
PM	Oatmeal Banana Cookie / Baby Carrots / Hummus	Oats / Banana / Wheat / Carrot / Chickpea		Gluten Free Oatmeal Cookie				
AM	Whole Wheat Pancake / Apple Butter	Dairy / Egg / Wheat / Apple	Rice Cake	Rice Cake	Rice Cake	Rice Cake		
Tuesday	Beef Taco	Onion / Beef / Tomato / Pepper				Beef Style Taco	Beef Style Taco	Halal Beef Taco
	Shredded Cheese / Salsa	Dairy / Tomato / Pepper	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Green Beans	Green Bean						
	Breaded Chicken Round	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'nTenders	Vegetarian (Soy) Chick'n Tenders
	Whole Grain Pasta	Wheat		Rice Pasta				
PM	Organic Whole Grain Mini Lemon Snaps / Cheese Curds	Poppy / Citrus / Spelt / Barley / Dairy	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
AM	Strawberry Yogurt / Whole Grain Granola	Berries / Dairy / Citrus / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Wednesday	Butter Chicken	Chicken / Potato / Onion / Dairy / Tomato	Butter Chicken in Tomato Sauce			Vegetarian (Soy) Butter Chick'n in Tomato Sauce	Vegetarian (Soy) Butter Chick'n in Tomato Sauce	Halal Butter Chicken
	Naan	Wheat		Rice Bread				
	California Vegetables	Broccoli / Carrot / Cauliflower						
	Beef Meatballs in Gravy	Dairy / Beef / Soy / Wheat	Beef Burger in Gravy	Gluten Free Burger in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
	Whole Wheat Bun	Wheat		Rice Bun				
PM	Whole Wheat Mini Pitas / Applesauce / Hardboiled Egg	Oats / Wheat / Apple / Egg		Rice Bread	Cheese Curds	Coconut Yogurt		
AM	Organic Whole Wheat Summer Berry Muffin	Berries / Apple / Flaxseed / Wheat		Gluten Free Pumpkin Muffin				
Thursday	Whole Grain Pasta Primavera (Broccoli, Beans, Zucchini, Pepper, Parmesan Cheese)	Wheat / Broccoli / Pepper / Kidney Bean / Zucchini / Dairy	Whole Grain Pasta Primavera No Cheese	Gluten Free Pasta Primavera		Whole Grain Pasta Primavera No Cheese		
	Diced Carrots	Carrot						
	Breaded Chicken	Chicken / Soy / Wheat		Plain Diced Chicken		Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders	Vegetarian (Soy) Chick'n Tenders
	Brown Rice	Rice						
	Leafy Greens / French Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
PM	Organic Apple Granola Minis / Edamame	GF Oats / Apple / Raisins / Rice / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Soy		Gluten Free Oatmeal Cookie				
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Peachy Chicken Drumstick	Chicken / Peach				Vegetarian (Soy) Peachy Chick'n	Vegetarian (Soy) Peachy Chick'n	Halal Peachy Chicken
	Brown Rice	Rice						
	Green Peas	Green Pea						
	Italian Seasoned Beef with Pasta Shells in Tomato Sauce	Onion / Beef / Tomato / Wheat / Squash / Zucchini		Gluten Free Italian Seasoned Beef with Pasta in Tomato Sauce		Italian Seasoned Beans with Shell Pasta in Tomato Sauce	Italian Seasoned Beans with Shell Pasta in Tomato Sauce	Halal Italian Seasoned Beef with Shell Pasta in Tomato Sauce
PM	Whole Wheat Mini Bagel / Vanilla Yogurt	Flaxseed / Rice / Wheat / Citrus / Dairy	Coconut Yogurt	Rice Bread		Coconut Yogurt		

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Effective April 18, 2022



**WHOLESOME
KIDS
CATERING**

ALLERGEN GUIDE - Week 3

Spring / Summer 2022

Healthy Choices Plus Menu

	Menu Selection	Key Ingredients of Main Menu Item	Dairy Free	Gluten Free	Egg Free	Vegan	Vegetarian	Halal
AM	Multigrain Cheerios Cereal / Milk	Oats / Corn / Rice / Sorghum / Millet / Dairy		Chex Cereal				
Monday	Chicken Taco	Chicken / Onion / Pepper / Tomato				Vegetarian (Soy) Chick'n Taco	Vegetarian (Soy) Chick'n Taco	Halal Chicken Taco
	Shredded Cheese	Dairy	No Cheese			No Cheese		
	Whole Wheat Wrap	Wheat		Corn Taco				
	Vegetable Medley	Green Bean / Green Pea / Carrot / Corn						
	Cheddar Cheese Omelet	Egg / Dairy	Breaded Chicken		Breaded Chicken	Vegetarian (Soy) Chick'nTenders		
	Whole Wheat Bread	Wheat		Rice Bread				
PM	Spice Snap Biscuits / Baby Carrots / Hummus	Wheat / Dairy / Carrot / Chickpea	Dairy Free Social Tea Cookies	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies		
AM	Whole Grain Cranberry Clusters	Oats / Rice / Berries / Flaxseed / Coconut		Gluten Free Oatmeal Cookie				
Tuesday	Turkey Meatballs in Tomato Sauce	Soy / Turkey / Wheat / Tomato		Diced Turkey in Tomato Sauce		Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce	Vegetarian (Soy) Meatballs in Tomato Sauce
	Bun	Wheat		Rice Bun				
	Green Peas	Green Pea						
	Homemade Chicken Noodle Soup	Chicken / Carrot / Onion / Celery / Wheat		Gluten Free Chicken Noodle Soup		Bean Noodle Soup	Bean Noodle Soup	Halal Chicken Noodle Soup
	Artisan Roll	Wheat		Rice Bun				
	Baby Carrots	Carrot						
PM	Whole Wheat Banana Oat Bite / Edamame	Oats / Wheat / Banana / Dates / Soy		Gluten Free Oatmeal Cookie				
AM	Banana Oatmeal Bar / Applesauce	Oats / Wheat / Banana / Rice / Barley / Apple		Gluten Free Pumpkin Muffin				
Wednesday	Creamy Bowtie Pasta with Beef	Onion / Dairy / Beef / Wheat	Bowtie Pasta with Beef in Tomato Sauce	Gluten Free Creamy Bowtie Pasta with Beef		Bowtie Pasta with Beans in Tomato Sauce	Bowtie Pasta with Beans in Tomato Sauce	Creamy Bowtie Pasta with Halal Beef
	Sunshine Vegetables	Green Bean / Carrot						
	Pineapple Chicken Drumstick	Chicken / Pineapple / Pepper / Onion				Vegetarian (Soy) Pineapple Chick'n	Vegetarian (Soy) Pineapple Chick'n	Halal Pineapple Chicken
	Brown Rice	Rice						
PM	Whole Wheat Raspberry Loaf / Cucumber Slices / Vanilla Yogurt	Wheat / Flaxseed / Berries / Citrus / Cucumber / Dairy	Coconut Yogurt	Rice Bread with Apple Butter		Coconut Yogurt		
AM	Whole Wheat Shreddies Cereal / Milk	Barley / Wheat / Dairy		Chex Cereal				
Thursday	Mexican Beans and Rice	Rice / Tomato / Pinto Bean / Kidney Bean						
	Shredded Cheese	Dairy	No Cheese			No Cheese		
	Artisan Bread	Wheat		Rice Bun				
	Broccoli	Broccoli						
	Beef Burger	Beef / Soy / Wheat		Gluten Free Burger		Vegetarian (Soy) Burger	Vegetarian (Soy) Burger	Halal Burger
	Whole Wheat Bun	Wheat		Rice Bun				
PM	Whole Wheat Pita Pocket / Hardboiled Egg	Wheat / Oats / Egg		Rice Bread	Cheese Curds	Hummus		
AM	Organic Whole Wheat Carrot Muffin	Carrot / Wheat / Apple / Flaxseed		Gluten Free Pumpkin Muffin				
Friday	Roasted Apple Chicken Drumstick	Chicken / Apple				Vegetarian (Soy) Apple Chick'n	Vegetarian (Soy) Apple Chick'n	Halal Apple Chicken
	Brown Rice	Rice						
	Leafy Greens / Balsamic Dressing	Carrot / Cabbage / Lettuce / Spinach / Fig / Mustard						
	Tuna Pasta Casserole	Fish / Dairy / Onion / Wheat	Tuna Pasta Casserole in Tomato Sauce	Gluten Free Tuna Pasta Casserole		Bean Pasta Casserole in Tomato Sauce		
PM	Whole Wheat Mini Bagel / Cheddar Cheese Curds	Wheat / Flaxseed / Rice / Dairy	Egg	Rice Bread		Hummus		

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Eat Grow Thrive

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AM	Corn Flakes Cereal / Milk	Corn / Barley / Wheat / Dairy		Chex Cereal				
Monday	Creamy Coconut Turkey Stew	Turkey / Onion / Potato / Coconut / Tomato				Beef Style Coconut Stew	Beef Style Coconut Stew	Halal Beef Coconut Stew
	Brown Rice	Rice						
	Turnips and Carrots	Turnip / Carrot						
	Chicken Meatballs in Gravy	Dairy / Soy / Chicken / Pepper / Wheat	Diced Chicken in Gravy	Diced Chicken in Gravy		Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy	Vegetarian (Soy) Meatballs in Gravy
PM	Whole Wheat Crackers / Hummus / Grape Tomatoes	Wheat / Barley / Chickpea / Tomato		Corn Crackers				
AM	Peach Yogurt / Whole Grain Granola	Dairy / Citrus / Peach / Oats	Coconut Yogurt	Gluten Free Oatmeal Cookie		Coconut Yogurt		
Tuesday	Homemade Beef Barley Soup	Beef / Barley / Onion / Carrot / Tomato / Celery		Gluten Free Beef Noodle Soup		Bean Barley Soup	Bean Barley Soup	Bean Barley Soup
	Artisan Bread	Wheat		Rice Bread				
	Baby Carrots	Carrot						
	Cod Nuggets	Fish / Corn / Rice				Vegetarian (Soy) Chick'n Tenders		
	Whole Grain Pasta	Wheat		Rice Pasta				
	Green Beans	Green Bean						
PM	Organic Strawberry Granola Bar / Cheddar Cheese Curds	GF Oats / Berries / Apple / Cherries / Rice / Currants / Spinach / Broccoli / Carrot / Tomato / Beet / Mushroom / Dairy	Egg			Applesauce		
AM	Whole Wheat Mini Bagel / Apple Butter	Flaxseed / Rice / Wheat / Apple		Rice Bread				
Wednesday	Classic Mac and Cheese	Wheat / Dairy	Macaroni in Tomato Sauce	Gluten Free Mac and Cheese		Macaroni in Tomato Sauce		
	Bean and Corn Salad	Black Bean / Corn / Quinoa / Onion / Citrus / Pepper						
	Sunshine Vegetables	Green Bean / Carrot						
	Balsamic Glazed Chicken Drumstick	Chicken / Fig / Mustard				Vegetarian (Soy) Balsamic Chick'n	Vegetarian (Soy) Balsamic Chick'n	Halal Balsamic Chicken
	Brown Rice	Rice						
PM	Whole Wheat Mini Pita / Guacamole / Hardboiled Egg	Oats / Wheat / Avocado / Citrus / Egg		Rice Bread	Cheese Curds	Baby Carrots		
AM	Organic Whole Wheat Fruit and Fibre Muffin	Banana / Apple / Berries / Wheat		Gluten Free Pumpkin Muffin				
Thursday	Breaded Fish Sticks	Fish / Soy / Wheat		Plain Fish		Vegetarian (Soy) Chick'n Tenders		
	Brown Rice	Rice						
	Leafy Greens / Wholesome House Dressing	Carrot / Cabbage / Lettuce / Spinach / Mustard						
	Turkey Lasagna	Turkey / Tomato / Dairy / Wheat	Turkey Lasagna No Cheese	Gluten Free Turkey Lasagna		Beef Style Lasagna	Beef Style Lasagna	Beef Style Lasagna
PM	Spice Snap Biscuits / Vanilla Yogurt	Wheat / Dairy / Citrus	Dairy Free Social Tea Cookies / Coconut Yogurt	Gluten Free Oatmeal Cookie		Dairy Free Social Tea Cookies / Coconut Yogurt		
AM	Rice Krispies Cereal / Milk	Rice / Barley / Dairy		Chex Cereal				
Friday	Carvery Chicken in Gravy	Chicken / Potato				Vegetarian (Soy) Chick'n in Gravy	Vegetarian (Soy) Chick'n in Gravy	Halal Carvery Chicken in Gravy
	Whole Wheat Bread	Wheat		Rice Bread				
	Peas and Corn	Green Pea / Corn						
	Egg, Cheese and Broccoli Casserole	Egg / Dairy / Soy / Wheat / Broccoli	Chicken Burger	Scrambled Eggs	Chicken Burger	Vegetarian (Soy) Chick'n Tenders		
PM	Whole Wheat Carrot Zucchini Loaf / Edamame	Carrot / Zucchini / Wheat / Apple / Flaxseed / Soy		Rice Bread with Apple Butter				

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