





The information below details which of the most common allergens are present in each menu item. Please notify us of all your food allergies and we will be happy to assist you with your menu selections. If at any time you have questions about your diet or food allergies, please ask to speak to one of our registered dietitians.

**Key:**  
■ Menu item contains allergen

**COMMON ALLERGENS**

Peanut Tree Nut Dairy Egg Fish Shellfish Soy Wheat Gluten Citrus Mushroom Garlic Onion

**SALAD AND SANDWICH**

Hot Veggie Grinder			■				■	■	■			■	■
Hummus							■			■		■	
Mozzarella Cheese Balls			■										
Parmesan Cheese			■										
Provolone Cheese			■				■						
Roast Beef												■	
Shrimp and Macaroni Salad				■		■	■	■	■	■		■	■
Southwest Bean Salad													■
Swiss Cheese			■										
Tuna Salad				■	■		■						
Turkey													

**SAUCES AND GRAVIES**

Beef Gravy			■				■	■	■			■	■
Cheese Sauce			■				■						
Marinara Sauce												■	■
Meat Sauce												■	■
Mushroom Gravy			■				■	■	■		■	■	■
Poultry Gravy			■				■	■	■			■	

**ENTREES**

Baked Chicken Thigh (no gravy) Halal													
Barbeque Chicken												■	■
Beef Puree				■			■	■	■			■	■
Beef Stew											■	■	■
Black Beans over Rice							■					■	■
Crispy Baked Chicken Thigh			■	■					■			■	■
Broiled Salmon					■								
Buttermilk Pancakes			■	■			■	■	■				
SW BBQ Ground Beef													
Cheesy Shells			■				■	■	■			■	■
Chole												■	■
Cinnamon French Toast			■	■			■	■	■				
Curried Cauliflower												■	■
Curried Peas & Potatoes												■	■
Dinosaur Chicken Nuggets			■					■	■			■	■
Egg Whites				■									
Eggbeater Omelet				■									
Eggplant & Potato Curry							■					■	■
Eggplant Parmigiana			■	■			■	■	■			■	■
Fiesta Chicken												■	■
GF Cheese Lasagna			■	■								■	■
Grilled Chicken Breast													
Grilled Portabella Mushroom											■		
Halal Beef Stew												■	■
Halal Chicken & Black Bean											■	■	■
Halal Chicken Mediterranean											■	■	■
Hamburger Patty (no bun)												■	■
Hard Boiled Egg				■									
Herbed Salmon			■		■						■		
Hot Roast Beef (no gravy)												■	■
Jodhpur Lentils		■										■	
Kale Burger Patty (no bun)												■	■
Kosher Beef Pot Roast				■			■	■	■			■	■
Kosher Beef Puree							■	■	■				
Kosher Chicken Puree Meal													
Kosher Eggplant Parmesan Meal			■					■	■			■	■
Kosher French Toast				■			■	■	■				
Kosher Honey Roast Chicken							■	■	■			■	■
Kosher Omelet			■	■			■	■	■				
Kosher Salmon					■		■	■	■				





The information below details which of the most common allergens are present in each menu item. Please notify us of all your food allergies and we will be happy to assist you with your menu selections. If at any time you have questions about your diet or food allergies, please ask to speak to one of our registered dietitians.

Key: ■ Menu item contains allergen	COMMON ALLERGENS												
	Peanut	Tree Nut	Dairy	Egg	Fish	Shellfish	Soy	Wheat	Gluten	Citrus	Mushroom	Garlic	Onion
<b>DESSERTS</b>													
Diet Chocolate Pudding			■										
Diet Strawberry Gelatin													
Diet Vanilla Ice Cream			■										
Diet Vanilla Pudding			■										
Gluten Free Snickerdoodle			■	■									
Graham Crackers							■	■	■				
Mango Italian Ice										■			
No Sugar Added Cheesecake			■	■				■	■				
No Sugar Added Chocolate Pie			■				■	■	■				
No Sugar Added Lemon Custard			■	■				■	■	■			
No Sugar Added Lemon Ice							■			■			
Orange Gelatin										■			
Rice Pudding			■	■									
Salted Caramel Cheesecake			■	■			■	■	■				
Pound Cake			■	■			■	■	■				
Vanilla Ice Cream			■										
Vanilla Pudding			■	■									
<b>BEVERAGES</b>													
Apple Juice (regular & thick)													
Chocolate Milk			■										
Pepsi													
Cranberry Juice (regular & thick)													
Diet Pepsi													
Diet Cranberry Juice													
Diet Ginger Ale													
Diet Hot Chocolate			■					■	■				
Ginger Ale													
Hot Chocolate			■										
Lactaid Milk			■										
Lemonade										■			
Milk (whole, 2%, skim & thick)			■										
Orange Juice (regular & thick)										■			
Prune Juice													
Soy Milk							■						
Thickened Iced Tea													
Thickened SF Mango Drink								■	■				
Thickened Water										■			
Unsweetened Iced Tea													
V8 Juice													
<b>CONDIMENTS</b>													
Balsamic Glaze													
Butter			■										
Caesar Dressing			■	■			■			■		■	■
Cream Cheese			■										
Creamer			■				■						
Croutons			■					■	■			■	■
Diet Jelly													
Diet Pancake Syrup													
Equal, Splenda, Sweet n Low													
Fat Free French Dressing				■								■	■
Fat Free Italian Dressing							■					■	■
Fat Free Raspberry Vinaigrette												■	■
French Dressing				■			■					■	■
Grape Jelly													
Half & Half			■										
Honey													
Honey Mustard Dressing				■			■					■	■
Italian Dressing				■			■					■	■
Ketchup												■	■
Margarine			■				■						

