

## pre-k winter menu } december january february

monday	tuesday	wednesday	thursday	friday
Dec 30, Jan 27 <b>Chicken Nuggets</b> <i>Veggie Chicken Nuggets</i> Mashed Potatoes Honeydew Chunks Whole Grain Bread	Dec 31, Jan 28 <b>Beef Sloppy Joes</b> <i>Veggie Sloppy Joe</i> Local Green Beans Orange Slices Whole Grain Bun	January 1, 29 <b>Mac 'n Cheese</b> Fresh Cucumbers Cantaloupe Chunks	January 2, 30 <b>Pineapple Glazed Turkey</b> <i>Pineapple Glazed Tofurky</i> Local Peas & Carrots Apple Slices Whole Grain Bread	January 3, 31 <b>Sweet Apple Chicken Curry</b> <i>Tofu Curry</i> Fresh Broccoli Fruit Salad Whole Grain Bread
January 6 <b>Penne Pasta w/Turkey Sausage</b> <i>Pasta w/Veggie Crumbles</i> Fresh Broccoli Cantaloupe Chunks	January 7 <b>Beef Burgers</b> <i>Veggie Burgers</i> Local Peas Fresh Banana Whole Grain Bun	January 8 <b>Four Cheese Lasagna</b> Fresh Cucumbers Apple Slices	January 9 <b>Chicken Teriyaki</b> <i>Veggie Teriyaki Chicken</i> Asian Veggies Honeydew Chunks Whole Grain Bread	January 10 <b>Cheesy Pizza</b> Local Green Beans Fruit Salad
January 13 <b>Three Cheese Tortellini</b> Local Peas Pineapple Chunks	January 14 <b>Orange Chicken</b> <i>Veggie Orange Chicken</i> Fresh Broccoli Orange Slices Brown Rice	January 15 <b>Beef Kabab Bites</b> <i>Veggie Bites</i> Fresh Carrots Applesauce Whole Grain Pita	January 16 <b>Lemon Chicken</b> <i>Veggie Lemon Chicken</i> Local Green Beans Honeydew Chunks Whole Grain Bread	January 17 <b>Three Bean Chili</b> Fresh Cucumbers Fruit Salad Elbow Macaroni
January 20 <b>Swedish Meatballs</b> <i>Veggie Meatballs</i> Local Green Beans Honeydew Chunks Whole Grain Bun	January 21 <b>Crispy Chicken Sandwich</b> <i>Veggie Chicken Sandwich</i> Fresh Broccoli Whole Banana Whole Grain Bun	January 22 <b>Farfalle w/ Tomato Cream Sauce</b> Local Peas Orange Slices	January 23 <b>Asian BBQ Chicken</b> <i>Veggie BBQ Chicken</i> Asian Veggie Blend Fresh Pineapple Whole Grain Bread	January 24 <b>Fish Tenders</b> <i>Sweet Potato Dino Bites</i> Fresh Cucumbers Fruit Salad Whole Grain Bread

\*nut free kitchen! (but we are a little crazy!)



## gf/df winter menu

} december  
january  
february

monday	tuesday	wednesday	thursday	friday
Dec 30, Jan 27	Dec 31, Jan 28	January 1, 29	January 2, 30	January 3, 31
<b>Grilled Chicken</b> Mashed Potatoes Honeydew Chunks Whole Grain Bread	<b>Beef Sloppy Joes</b> Local Green Beans Orange Slices Gluten-free Bun	<b>Gluten-free/Dairy-free Mac 'n Cheese</b> Fresh Cucumbers Cantaloupe Chunks	<b>Pineapple Glazed Turkey</b> Local Peas & Carrots Apple Slices Gluten-free Bread	<b>Sweet Apple Chicken Curry</b> Fresh Broccoli Fruit Salad Gluten-free Bread
January 6	January 7	January 8	January 9	January 10
<b>Gluten-free Pasta w/Turkey Sausage</b> Fresh Broccoli Cantaloupe Chunks	<b>Beef Burgers</b> Local Peas Fresh Banana Gluten-free Bun	<b>Gluten-free Pasta w/Marinara</b> Fresh Cucumbers Apple Slices	<b>Chicken Teriyaki</b> Asian Veggies Honeydew Chunks Gluten-free Bread	<b>Gluten-free Pasta w/Marinara</b> Local Green Beans Fruit Salad
January 13	January 14	January 15	January 16	January 17
<b>Gluten-free Pasta w/Marinara</b> Local Peas Pineapple Chunks	<b>Orange Chicken</b> Fresh Broccoli Orange Slices Brown Rice	<b>Beef Kabab Bites w/Soy Yogurt Dip</b> Fresh Carrots Applesauce Whole Grain Bread	<b>Lemon Chicken</b> Local Green Beans Honeydew Chunks Gluten-free Bread	<b>Three Bean Chili</b> Fresh Cucumbers Fruit Salad Gluten-free Pasta
January 20	January 21	January 22	January 23	January 24
<b>Swedish Meatballs</b> Local Green Beans Honeydew Chunks Gluten-free Bread	<b>Chicken Sandwich</b> Fresh Broccoli Whole Banana Gluten-free Bun	<b>Gluten-free Pasta w/Marinara &amp; Vegan Cheese</b> Local Peas Orange Slices	<b>Asian BBQ Chicken</b> Asian Veggie Blend Fresh Pineapple Gluten-free Bread	<b>Cat Fish Fillet</b> Fresh Cucumbers Fruit Salad Gluten-free Bread

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PreK Winter 2013-14 Ingredients List		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken. <b>BBQ sauce:</b> Hoisin sauce (Sugar, Water, Salt, Soybean, Wheat Flour, Spices Extract, Dried Sweet Potato, Caramel, Modified Corn Starch, Sesame Seed Paste, Dried Garlic, Chili Pepper), Soy Sauce (water, wheat, soybean, salt, sodium benzoate), rice wine vinegar, garlic, ginger, onion, vegetable oil (soybean oil), brown sugar.	X		X			
<b>Beef Burgers</b>	Grass-fed beef, garlic powder, onion powder, salt, breadcrumbs (whole wheat flour, water, enriched wheat flour, yeast, soybean oil, wheat gluten, salt, dough conditioner). Served on whole grain bun (see bread ingredients).	X		X			
<b>Beef Kabab Bites</b>	Grass-fed beef, garlic powder, onion powder, cumin, parsley, salt. <b>Yogurt Dip:</b> Yogurt, lemon, garlic.				X (Dip Only)		
<b>Chicken Nuggets</b>	Chicken Breast Meat, Water, Salt. Breading: Unbleached Wheat Flour, Water, Salt, Evaporated Cane Juice, Dried Yeast, Spices, Paprika.			X			
<b>Chicken Teriyaki</b>	Antibiotic-free Chicken. <b>Sauce:</b> Soy sauce (water, wheat, soybean, salt, sodium benzoate), garlic, green onions, brown sugar, ginger, cornstarch, rice wine vinegar.	x		x			
<b>Crispy Chicken Sandwich</b>	Antibiotic-free Chicken, bread crumbs, & egg. Served on whole grain bun (see bread ingredients).		X	X			
<b>Farfalle w/ Tomato Cream Sauce</b>	<b>Farfalle Pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), sweet onions, fresh garlic, basil, oregano, half & half, parmesan cheese, mozzarella cheese, salt.			X	X		
<b>Fish Tenders</b>	Alaskan Pollock, wheat flour, salt, dextrose, yeast, partially hydrogenated soybean oil, paprika, annatto extract, corn flour, corn starch, cellulose gum.	X		X		X	
<b>Lasagna</b>	<b>Lasagna pasta:</b> Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. <b>Cheese Filling:</b> Mozzarella, parmesan, ricotta, cottage cheese, salt. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.		X	X	X		
<b>Lemon Chicken</b>	Antibiotic-free chicken. <b>Lemon Glaze:</b> Olive oil, garlic, white wine, lemon juice and zest, oregano, thyme, salt						
<b>Mac 'n Cheese</b>	<b>Pasta:</b> wheat semolina, grain & legume flour blend (lentils, chickpeas, flaxseed, barley, oats, spelt, egg whites, oat fiber), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid. <b>Cheese Sauce:</b> mozzarella, sharp cheddar, parmesan, colby, monterey jack, whole milk, flour, butter, vegetable stock, mustard powder, taco seasoning, paprika.		X	X	X		



Vegetarian Menu Winter 2013-14 Ingredients List		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Asian BBQ Chicken	<b>Vegetarian Chicken:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. <b>BBQ sauce:</b> Hoisin sauce (Sugar, Water, Salt, Soybean, Wheat Flour, Spices Extract, Dried Sweet Potato, Caramel, Modified Corn Starch, Sesame Seed Paste, Dried Garlic, Chili Pepper), Soy Sauce (water, wheat, soybean, salt, sodium benzoate), rice wine vinegar, garlic, ginger, onion, vegetable oil (soybean oil), brown sugar.	X		X			
Beef Bites	Mycoprotein (38%), Textured Vegetable Protein (Wheat Flour, Sodium Alginate, Caramel), Onion, Partially Rehydrated Egg White, Textured Wheat Protein (Wheat Protein, Wheat Starch), Canola Oil. Contains 2% or less of Rice Starch, Autolyzed Yeast Extract, Salt, Natural Flavors From Non-Meat Sources, Barley Malt Extract, Gum Arabic, Sugar, Nutmeg, Ginger, Coriander, Thyme, Sage, Black Pepper, Parsley, Chili Pepper, Allspice, Paprika Extract		X	X			
Chicken Nuggets	<b>Vegetarian Chicken:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, organic cane sugar, potato starch, onion powder, garlic powder, pea protein, vinegar, carrot fiber, beetroot fiber, extractives of paprika and turmeric. <b>Seven Grain Breading:</b> wheat flour, water, rice flour, oat bran, oats, salt, sugar, spices, millet flour, amaranth flour, quinoa flour, kamut, leavening (sodium bicarbonate, cream of tartar), yeast, extractives of paprika.	X		X			
Crispy Chicken Sandwich	<b>Vegetarian Chicken:</b> water, soy protein concentrate, expeller pressed/canola oil, vital wheat gluten, soy protein isolate, textured wheat protein (wheat gluten, wheat starch), modified vegetable gum, yeast extract, sea salt, natural flavors (from plant sources), organic ancient grain flour (Kamut khorasan wheat, amaranth, millet, quinoa), potato starch, onion powder, organic cane sugar, garlic powder, vinegar, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric. <b>Breading:</b> enriched wheat flour (enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, leavening (sodium bicarbonate, cream of tartar), sugar, yeast, salt, extractives of turmeric, extractives of paprika and annatto.	X		X			
Farfalle w/ Tomato Cream Sauce	<b>Farfalle Pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), sweet onions, fresh garlic, basil, oregano, half & half, parmesan cheese, mozzarella cheese, salt.			X	X		
Lasagna	<b>Lasagna pasta:</b> Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. <b>Cheese Filling:</b> Mozzarella, parmesan, ricotta, cottage cheese, salt. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.		X	X	X		
Lemon Veggie Chicken	<b>Vegetarian chicken:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. <b>Lemon Glaze:</b> Olive oil, garlic, white wine, lemon juice and zest, oregano, thyme, salt.	X		X			
Mac 'n Cheese	<b>Pasta:</b> wheat semolina, grain & legume flour blend (lentils, chickpeas, flaxseed, barley, oats, spelt, egg whites, oat fiber), durum flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid. <b>Cheese Sauce:</b> mozzarella, sharp cheddar, parmesan, colby, monterey jack, whole milk, flour, butter, vegetable stock, mustard powder, taco seasoning, paprika.		X	X	X		
Orange Chicken	<b>Vegetarian Chicken:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. <b>Sauce:</b> orange juice, water, lemon juice, apple cider vinegar, soy sauce (water, wheat, soybean, salt, sodium benzoate), orange marmalade, powdered ginger, garlic, cornstarch.	X		X			

<b>Penne Pasta w/Veggie Crumbles</b>	<b>Pasta:</b> durum wheat semolina flour, water. <b>Marinara Sauce:</b> Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X		X			
<b>Pineapple Glazed Turkey</b>	<b>Tofurky:</b> Mycoprotein (59%), Water, Onion, Natural Flavors From Non-Meat Sources, Refined Rapeseed Oil, Rehydrated Egg White, Milk Proteins. Contains 2% or less of Potato Maltodextrin, Salt, Tapioca Dextrin, Yeast Extract, Onion Powder, Sage Extract, Garlic Powder, Gum Arabic, Sunflower, Coconut and Palm Kernel Oil. <b>Sauce:</b> Pineapple, onions, vegetable stock, cider vinegar, sugar, and salt.		X	X	X		
<b>Pizza</b>	<b>Dough:</b> Whole wheat flour, yeast, water, salt. <b>Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. <b>Topping:</b> Mozzarella cheese, cheddar cheese.			X	X		
<b>Sloppy Joes</b>	Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), red & green peppers, onion, garlic, vegetable oil, brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid).	X		X			
<b>Swedish Meatballs</b>	<b>Vegetarian Meatballs:</b> Mycoprotein (38%), Textured Vegetable Protein (Wheat Flour, Sodium Alginate, Caramel), Onion, Partially Rehydrated Egg White, Textured Wheat Protein (Wheat Protein, Wheat Starch), Canola Oil. Contains 2% or less of Rice Starch, Autolyzed Yeast Extract, Salt, Natural Flavors From Non-Meat Sources, Barley Malt Extract, Gum Arabic, Sugar, Nutmeg, Ginger, Coriander, Thyme, Sage, Black Pepper, Parsley, Chili Pepper, Allspice, Paprika Extract. <b>Sauce:</b> vegetable oil (soybean oil), vegetable stock, mushrooms, onions, dried tarragon, corn starch, salt.	X	X	X			
<b>Sweet Apple Tofu Curry</b>	<b>Tofu:</b> Water, non-GMO soybeans, calcium sulfate, glucono delta-lactone. <b>Curry:</b> olive oil, butter, celery, onions, garlic, cinnamon, cumin seed, curry powder, sea salt, brown sugar, granny smith apples, water, vegetable borth, water, all purpose flour	X		X	X		
<b>Sweet Potato Littles</b>	sweet potatoes, egg whites, potato flakes, expeller pressed canola oil, arrowroot, brown sugar, salt		X				
<b>Three Bean Chili</b>	Onion, pepper, beans (great northern, black, kidney), tomatoes, tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with elbow macaroni: durum wheat semolina flour, water.			X (Pasta Only)			
<b>Three Cheese Tortellini</b>	<b>Tortellini:</b> Semolina durum wheat, water, ricotta cheese, mozzarella cheese, asiago cheese, parmesan cheese, dehydrated potatoes, olive oil, whole egg, salt. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X	X		
<b>Veggie Burgers</b>	carrots, onions, string beans, oat bran soybeans, zucchini, peas, broccoli, corn, soy flakes, spinach, expeller pressed canola oil, red peppers, arrowroot, corn starch, garlic, corn meal, salt, parsley, black pepper.	X					
<b>Veggie Chicken Teriyaki</b>	<b>Vegetarian Chicken:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. <b>Teriyaki Sauce:</b> Soy sauce (water, wheat, soybean, salt, sodium benzoate), garlic, green onions, brown sugar, ginger, cornstarch, rice wine vinegar.	X		X			

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Gluten-free/Dairy-free Menu Winter 2013-14 Ingredients		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
<b>Asian BBQ Chicken</b>	Antibiotic-free chicken. <b>BBQ sauce:</b> Chicken, rice vinegar, gluten-free soy sauce (water, soybeans, rice, salt), garlic, ginger, brown sugar, onion.	X					
<b>Beef Burgers</b>	Grass-fed beef, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil. Served on a gluten free bun (see bread ingredients).						
<b>Beef Kabab Bites</b>	Grass-fed beef, garlic powder, onion powder, cumin, parsley, salt. <b>Dip:</b> Soy Yogurt, Lemon, Dill	x					
<b>Catfish</b>	Catfish, salt, vegetable oil (soybean oil).	X					
<b>Chicken Sandwich</b>	Antibiotic-free chicken, salt. Served on a gluten free bun (see bread ingredients).						
<b>Chicken Teriyaki</b>	Antibiotic-free chicken. <b>Sauce:</b> Gluten-free soy sauce (water, soybean, rice, salt), garlic, green onion, brown sugar, ginger, cornstarch, rice wine vinegar.	X					
<b>Grilled Chicken</b>	Antibiotic-free chicken, salt.						
<b>Lemon Chicken</b>	Antibiotic-free chicken. <b>Lemon Glaze:</b> Olive oil, garlic, white wine, lemon juice and zest, oregano, thyme, salt						
<b>Mac 'n Cheese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). <b>Sauce:</b> Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), soy milk.	X					
<b>Meatballs</b>	<b>Meatballs:</b> Grass-fed beef, onion powder, basil, oregano, garlic powder, salt. <b>Marinara Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water						
<b>Orange Chicken</b>	Antibiotic-free chicken. <b>Sauce:</b> orange juice concentrate, ketchup, white wine vinegar, light brown sugar, salt, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree).					x	

<b>Pasta w/Marinara Sauce</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). <b>Marinara:</b> Kidney beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X						
<b>Pasta w/Marinara Sauce &amp; Vegan Cheese</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). <b>Marinara:</b> Kidney beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum	X						
<b>Penne Pasta w/Turkey Sausage</b>	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). <b>Marinara Sauce:</b> Ground Michigan turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X						
<b>Pineapple Glazed Turkey</b>	Michigan Turkey. <b>Sauce:</b> Pineapple, onions, vegetable stock, cider vinegar, sugar, and salt.							
<b>Sloppy Joes</b>	Grass-fed ground beef, red & green peppers, onion, garlic, vegetable oil (soybean oil), brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid). Served on a gluten free bun (see bread ingredients).	X						
<b>Sweet Apple Chicken Curry</b>	Antibiotic-free chicken, garlic, olive oil, granny smith apples, celery, cinnamon, brown sugar, salt, garam masala, cumin, turmeric, chicken broth, yellow onion, corn starch.							
<b>Three Bean Chili</b>	Onion, pepper, beans (great northern, black, kidney), tomatoes, tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin.							
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Fruit & Veggie Sides Ingredients Winter 2013-14		Allergens					
Vegetable Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Broccoli	Broccoli						
Cauliflower	Cauliflower						
Carrots	Carrots, Sea Salt						
Corn	Corn						
Cucumbers	Cucumbers						
Green Beans	Green Beans						
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				X		
Soy Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt						
Asian Veggies	Carrots, Broccoli, Water Chestnuts, & Bok Choy						
Peas	Peas						
Oven Glazed Carrots	Carrots, Oil, Brown Sugar.				X		
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X					
Ranch Dip	Organic nonfat dry milk, sea salt, organic cane sugar, organic garlic, organic onion, organic carrot, organic celery seed, xanthan gum, organic parsley, organic black pepper, organic natural butter flavor, lactic acid powder, mayonaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium), buttermilk.	X	X		X		
Fruit Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Apple Slices	Apples, Calcium Ascorbate						
Appleberry Sauce	Apples, Blackberries, Blueberries, Raspberries, Strawberries, Water, Sugar.						
Applesauce	Apples, water, sugar.						
Banana	Banana						
Cantaloupe	Cantaloupe						
Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple						
Honeydew	Honeydew melon						
Orange Slices	Oranges						
Pear Slices	Pears						
Pineapple	Pineapple						
Watermelon	Watermelon						

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Breads Winter 2013-14 Ingredients		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
<b>Corn Bread</b>	Corn meal, flour, sugar, baking powder, salt, milk, vegetable oil (soybean oil), eggs	x	x	x	x		
<b>Corn Tortilla</b>	Stone ground corn, corn oil, sea salt, calcium, hydroxide.						
<b>Flour tortilla</b>	Whole wheat flour, water, bleached wheat shortening (interesterified soybean oil with distilled mono glycerides added), sugar. 2% or less of the following: rice flour, salt, baking powder, yeast, preservative blend (calcium propionate, sodium propionate, potassium sorbate, and citric acid), butter buds, dough conditioner.	x		X			
<b>Gluten Free Bread</b>	Filtered Water, Brown Rice Flour, Rice Flour, Tapioca Starch, Pear Juice Concentrate, High Oleic Safflower Oil, Yeast, Methylcellulose, Sodium Carboxymethylcellulose, Orange Citrus Fiber, Baking Powder, Calcium Phosphate. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic acid and Vitamin D.						
<b>Gluten Free Bun</b>	Filtered Water, Rice Flour, Tapioca Starch, High Oleic Safflower Oil, Pear Juice Concentrate, Bamboo Fiber, Yeast, Methylcellulose, Tapioca Syrup, Guar Gum, Organic Palm Fruit Oil, Salt, Orange Citrus Fiber, Calcium Phosphate, Baking Powder. Enriched with Thiamin (Vitamin B1), Riboflavin (Vitamin B2), Niacin, Iron, Folic Acid and Vitamin D.						
<b>Hot Dog Bun</b>	Whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme			X			
<b>Naan</b>	Unbleached unbromated enriched flour, B complex vitamin, iron, water, soybean oil, 2% or less amylase, dextrose, fumaric acid, guar gum, maltodextrin, monocalcium phosphate, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein isolate, sugar			X			
<b>Parkerhouse Roll</b>	Unbleached flour, durham flour, butter, milk, sugar, eggs, shortening, sea salt, yeast, ascorbic acid		X	X	X		
<b>Pita</b>	Water, flour, salt, sugar, yeast.			X			
<b>Pizza Dough</b>	Whole wheat flour, yeast, water, salt			x			
<b>Sliced Wheat Pullman</b>	Whole Wheat Flour, Water, Enriched Wheat Flour, Yeast, Soybean Oil, Wheat Gluten, Salt, Dough Conditioner.	x		X			
<b>Sub Roll</b>	Wheat Gluten, Dairy Whey, Soy Oil, Malt, Lecithin, Fresh Yeast, Old Dough, Salt, Water, Light Rye, Spring Hearth	x		X	x		
<b>Whole Wheat Bun</b>	Whole Wheat Flour, Water, Enriched Wheat Flour, Yeast, Soybean Oil, Wheat Gluten, Salt, Dough Conditioner.			X			
<b>Whole Wheat Dinner Roll</b>	Whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme			X			

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.

\*\*The information provided above is intended as a helpful resource only. This information is subject to change at anytime, or when Gourmet Gorilla develops new menu items or modifies existing recipes.