

## MAY 2021 INGREDIENT LIST



### MONDAY, MAY 3

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#### **BBQ Chicken Breast (Gluten Free) (Dairy Free)**

Chicken Breast, Parsley, Salt, Pepper, Olive Oil, Cattleman BBQ Sauce: Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor

#### **BBQ Glazed Portobello Caps (Gluten Free) (Dairy Free)**

Portobello, Salt, Pepper, Olive Oil, Cattleman BBQ Sauce: Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor

#### **Mashed Potatoes (Gluten Free) (Contain: Dairy)**

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

#### **Corn On The Cob (Gluten Free)**

Corn On The Cob, Salt, Pepper, Olive Oil

### TUESDAY, MAY 4

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#### **Beef Meatballs (Contains: Wheat, Dairy, Egg, Soy)**

Beef, Water, Bread Crumbs (Wheat Flour), Soy Protein Concentrate, Seasoning (Romano Cheese Powder [{Pasteurized Milk, Salt, Culture, Enzymes, Disodium Phosphate}, Whey Powder, Yeast Extract, Lactic Acid, Natural And Artificial Flavor], Salt, Spices, Flavorings, Brown Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate), Romano Cheese (Pasteurized Sheep's And Cow's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Egg Whites, Ricotta Cheese (Pasteurized Whey, Whole Milk, Cream, Vinegar, Salt, Carrageenan, Xanthan Gum, Locust Bean Gum, Guar Gum)

#### **Vegetarian Meatballs (Contains: Wheat, Dairy, Egg, Soy)**

Beef, Water, Bread Crumbs (Wheat Flour), Soy Protein Concentrate, Seasoning (Romano Cheese Powder [{Pasteurized Milk, Salt, Culture, Enzymes, Disodium Phosphate}, Whey Powder, Yeast Extract, Lactic Acid, Natural And Artificial Flavor], Salt, Spices, Flavorings, Brown Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate), Romano Cheese (Pasteurized Sheep's And Cow's Milk, Rennet, Salt, Cheese Cultures, Enzymes), Egg Whites, Ricotta Cheese (Pasteurized Whey, Whole Milk, Cream, Vinegar, Salt, Carrageenan, Xanthan Gum, Locust Bean Gum, Guar Gum)

#### **Brown Rice Spaghetti (Gluten Free, Dairy Free)**

Brown Rice Flour, Water

#### **Green Beans (Gluten Free, Dairy Free)**

Green Beans, Salt, Pepper, Olive Oil

## MAY 2021 INGREDIENT LIST



### WEDNESDAY, MAY 5

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#### **Fajitas (Contains: Wheat, Dairy, Soy)**

Grilled Chicken: Chicken Breast, bell peppers, cumin, salt, pepper, cilantro, onions, EVOO

Veggie: Onions, Bell Peppers, Yellow Squash, Zucchini, Salt, Pepper, Garlic, Cumin, Paprika, Cilantro

#### **Black Beans (Gluten Free, Dairy Free)**

Black Beans, Onions, Cilantro, Salt, Pepper

#### **White Rice (Gluten Free, Dairy Free)**

Long Grain Rice, Olive Oil, Salt

#### **Pico De Gallo (Gluten Free, Dairy Free)**

Salt, Pepper, Tomatoes, Red Onion, Cilantro, Lime Juice, Jalapeno

### THURSDAY, MAY 6

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#### **Hamburger (Contains: Wheat, Soy)**

Ground Beef (80/20), Salt, Pepper

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

#### **Veggie Burgers (Dairy Free) (Contains: Wheat, Soy)**

Water, Onions, Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Water, Brown Rice), Corn, Soy Protein Concentrate, Tomatoes, Wheat Gluten, Onion Powder, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Green Chiles, Soy Protein Isolate, Bulgur Wheat, Cornstarch, Green Peppers, Red Bell Peppers, Spices, Tomato Powder, Cilantro, Tomato Juice, Salt, Chipotle Pepper, Methylcellulose, Cooked Onion And Carrot Juice Concentrate, Jalapeno Pepper, Carrageenan, Garlic Powder, Natural Flavor, Paprika, Soy Sauce Powder (Soybeans, Wheat, Salt), Gum Arabic, Vinegar, Citric Acid, Red Pepper, Green Pepper Juice, Turmeric, Garlic Juice, Lime Juice

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

#### **Lay's Potato Chips (Gluten Free, Dairy Free)**

Potatoes, Vegetable Oil (Sunflower, Corn And/Or Canola Oil), Salt

#### **Roasted Broccoli (Gluten Free, Dairy Free)**

Broccoli, Salt, Pepper, Olive Oil

## MAY 2021 INGREDIENT LIST



### FRIDAY, MAY 7

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#### **Fajitas (Contains: Wheat, Dairy, Soy)**

Grilled Chicken: Chicken Breast, bell peppers, cumin, salt, pepper, cilantro, onions, EVOO

Veggie: Onions, Bell Peppers, Yellow Squash, Zucchini, Salt, Pepper, Garlic, Cumin, Paprika, Cilantro

#### **Black Beans (Gluten Free, Dairy Free)**

Black Beans, Onions, Cilantro, Salt, Pepper

#### **White Rice (Gluten Free, Dairy Free)**

Long Grain Rice, Olive Oil, Salt

#### **Pico De Gallo (Gluten Free, Dairy Free)**

Salt, Pepper, Tomatoes, Red Onion, Cilantro, Lime Juice, Jalapeno

### MONDAY, MAY 10

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#### **Hamburger (Contains: Wheat, Soy)**

Ground Beef (80/20), Salt, Pepper

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

#### **Veggie Burgers (Dairy Free) (Contains: Wheat, Soy)**

Water, Onions, Cooked Black Beans (Black Beans, Water), Cooked Brown Rice (Water, Brown Rice), Corn, Soy Protein Concentrate, Tomatoes, Wheat Gluten, Onion Powder, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Green Chiles, Soy Protein Isolate, Bulgur Wheat, Cornstarch, Green Peppers, Red Bell Peppers, Spices, Tomato Powder, Cilantro, Tomato Juice, Salt, Chipotle Pepper, Methylcellulose, Cooked Onion And Carrot Juice Concentrate, Jalapeno Pepper, Carrageenan, Garlic Powder, Natural Flavor, Paprika, Soy Sauce Powder (Soybeans, Wheat, Salt), Gum Arabic, Vinegar, Citric Acid, Red Pepper, Green Pepper Juice, Turmeric, Garlic Juice, Lime Juice

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

#### **Lay's Potato Chips (Gluten Free, Dairy Free)**

Potatoes, Vegetable Oil (Sunflower, Corn And/Or Canola Oil), Salt

#### **Roasted Broccoli (Gluten Free, Dairy Free)**

Broccoli, Salt, Pepper, Olive Oil

## MAY 2021 INGREDIENT LIST



### TUESDAY, MAY 11

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#### **Turkey Chili (Dairy Free)**

Ground Turkey, Salt, Pepper, Chicken Broth (**May Contain: Wheat**) Black Beans, Cilantro, Onions, Olive Oil

#### **Vegetarian Chili (Dairy Free)**

Zucchini, Yellow Squash, Kidney Beans, Black Beans, Tomatoes, Onions, Olive Oil, Chili Sauce

#### **Spanish Rice (Gluten Free, Dairy Free)**

Long Grain Rice, Black Beans, Turmeric, Cilantro, Olive Oil, Scallions, Cumin

#### **Roasted Broccoli & Cauliflower (Gluten Free, Dairy Free)**

Broccoli, Cauliflower, Salt, Pepper, Olive Oil

### WEDNESDAY, MAY 12

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#### **Grilled Orange Chicken (Gluten Free, Dairy Free)**

Chicken Breast, Salt, Pepper, Orange Juice, Onions, Garlic, White Granulated Sugar, Red Wine Vinegar, Parsley

#### **Orange Tofu (Gluten Free) (Contains: Soy)**

Firm Tofu, Salt, Pepper, Orange Juice, Onions, Garlic, White Granulated Sugar, Red Wine Vinegar, Parsley

#### **Fried Rice (Dairy Free) (Contains: Wheat, Eggs, Soy)**

Long Grain Rice, Soy Sauce, Onions, Scallions, Eggs, Carrots, Peas, Salt, Pepper, Vegetable Oil

## MAY 2021 INGREDIENT LIST



### THURSDAY, MAY 13

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#### **Meatloaf (Contains: Wheat, Dairy, Egg)**

Ground Beef, Salt, Pepper, Carrots, Onions, Celery, White Bread, Milk, Thyme, Parsley, Egg

#### **Vegetarian Meatloaf (Contain: Gluten, Dairy)**

Mushroom, Brown Rice, Salt, Pepper, Ketchup, Parsley, Onion, Carrots, White Bread

#### **Green Beans (Gluten Free, Dairy Free)**

Green Beans, Salt, Pepper, Olive Oil

#### **Mashed Potatoes (Gluten Free) (Contain: Dairy)**

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

### FRIDAY, MAY 14

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#### **Turkey Lasagna (Contains: Wheat, Dairy)**

Tomato Puree (Water, Tomato Paste), Cooked Enriched Lasagna Pasta (Water, Semolina [Milled Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Ground Turkey, Mozzarella Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes), Cottage Cheese (Fat Free Milk, Milk, Cream, Nonfat Dry Milk, Whey, Salt, Guar Gum, Mono- & Diglycerides, Carrageenan, Locust Bean Gum, Polysorbate 80, Potassium Sorbate [To Protect Flavor], Microbial Enzymes), Modified Food Starch, Canola Oil, Dehydrated Onion, Spices, Garlic Powder, Xanthan Gum, Mono- & Diglycerides.

#### **Vegetable Lasagna (Contains: Wheat, Dairy, Soy)**

Cooked Lasagna Pasta (Water, Semolina [Milled Wheat, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Skim Milk, Reduced Fat Milk (Reduced Fat Milk, Vitamin A Palmitate, Vitamin D3), Water, Mozzarella Cheese (Cultured Pasteurized Part-Skim Milk, Salt, Enzymes), Carrots, Margarine (Soybean Oil, Palm Oil, Palm Kernel Oil, Water, Mono- & Diglycerides, Soybean Lecithin [Soy], Sodium Benzoate [Preservative], Lactic Acid, Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate added), Broccoli, Bread Crumbs (Bleached Wheat Flour, Sugar, Yeast, Soybean Oil, Salt, Calcium Propionate [To Protect Freshness]), Onions, Spinach, Modified Corn Starch, Parmesan Cheese Pasteurized Milk, Cheese Culture, Salt, Enzymes), Celery, Cheese Blend (Cheddar, Granular, Semi-Soft And Blue Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Water, Sodium Phosphate, Vinegar, Salt), Rice Flour, Salt, Seasoning (Parmesan Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Water, Sodium Citrate [Emulsifier]), Dehydrated Garlic, Mono- & Diglycerides.

#### **Roasted Zucchini & Yellow Squash (Gluten Free)**

Zucchini, Yellow Squash, Salt, Pepper, Olive Oil

#### **Garlic Bread (Contains Gluten, Dairy, Soy)**

Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Palm Oil, Salt, Sugar, Contains Less Than 2% Wheat Gluten, Yeast, Canola Oil, Ascorbic Acid, Enzymes, Spread: Vegetable Oil Blend (Soybean, Palm), Water, Garlic, Contains 2% Or Less: Sweet Cream Buttermilk, Salt, Spice, Powder, Onion, Mono and Diglycerides, Natural Flavor, Sodium Benzoate (Used To Protect Quality), Soy Lecithin, Citric Acid, Vitamin A Palmitate, Beta Carotene (For Color)

#### **Blondies (Contains: Wheat, Dairy, Eggs)**

## MAY 2021 INGREDIENT LIST



### MONDAY, MAY 17

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#### **Chicken Lo Mein (Dairy Free) (Contains: Gluten)**

Chicken, Broccoli, Bell Peppers, Soy Sauce, Onion, Linguini

#### **Vegetable Lo Mein (Dairy Free) (Contains: Gluten)**

Broccoli, Bell Peppers, Soy Sauce, Onion, Linguini

#### **Vegetarian Egg Rolls (Dairy Free) (Contains: Wheat, Soy)**

**Filling:** Cabbage, Carrot, Celery, Onion, Sugar, Corn Starch, Soybean Oil, Salt, Oat, Yeast Extract, Soy Sauce (Water, Soybean, Salt, Wheat, Alcohol (To Preserve Freshness), Glucose, Black Pepper

**Wrapper:** Wheat Flour, Water, Salt, Corn Starch, Fried In Soybean Oil

#### **Vegetable Stir Fry (Dairy Free) (Contains: Wheat, Soy)**

Carrots, Broccoli, Onions, Salt, Pepper, Sugar, Soy Sauce, Broccoli, Scallions

### TUESDAY, MAY 18

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#### **Turkey Bolognese (Dairy Free) (Contain: Soy)**

Salt, Pepper, Parsley, Ground Turkey, Marinara Sauce: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

#### **Mushroom Bolognese (Dairy Free) (Contain: Soy)**

Salt, Pepper, Parsley, Cremini and White Mushroom, Marinara Sauce: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

#### **Roasted Broccoli (Gluten Free, Dairy Free)**

Broccoli, Salt, Pepper, Olive Oil

#### **Mashed Potatoes (Gluten Free) (Contain: Dairy)**

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

## MAY 2021 INGREDIENT LIST



### WEDNESDAY, MAY 19

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#### **Fajitas (Contains: Wheat, Dairy, Soy)**

**Beef:** Beef Tips, Salt, Pepper, Garlic, Cumin, Paprika, Onions, Bell Peppers, Cilantro

**Veggie:** Onions, Bell Peppers, Yellow Squash, Zucchini, Salt, Pepper, Garlic, Cumin, Paprika, Cilantro

**Flour Tortillas** Enriched Bleached Wheat Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Interesterified Soybean Oil, Fully Hydrogenated Soybean Oil), Contains 2% Or Less Of The Following: Salt, Mono And Diglycerides, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Aluminum Sulfate), Fumaric Acid, Yeast, Preservatives (Calcium Propionate, Potassium Sorbate), Corn Starch, Carboxymethyl Gum, Wheat Starch, Xanthan Gum, Enzymes (Wheat Starch, Microcrystalline Cellulose), Dough Conditioner (Sodium Metabisulfite) (Contains: Wheat, Soy)

#### **Corn and Black Bean Salsa (Gluten Free)**

Corn, Black Beans, Salt, Pepper, Lime Juice, Onions, Cilantro, Olive Oil

### THURSDAY, MAY 20

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#### **Chicken Nuggets (Contains: Wheat, Dairy)**

Boneless, Skinless Chicken Breast With Rib Meat, Water, Seasoning [Salt, Flavors, Maltodextrin, Sugar, Vegetable Stock (Carrot, Onion, Celery), Garlic Powder], Salt, Sodium Phosphates

**BATTERED WITH:** Water, Yellow Corn Flour, Bleached Wheat Flour, Modified Corn Starch, Salt, Spices, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Dextrose, Wheat Starch, Onion Powder, Extractives Of Turmeric, Spice Extractive

**PREDUSTED WITH:** Wheat Flour, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Salt, Spices, Calcium Lactate

**BATTERED WITH:** Water, Bleached Wheat Flour, Yellow Corn Flour, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate), Spice. Breading Set In Vegetable Oil

#### **Veggie Nuggets (Dairy Free) (Contain: Wheat, Soy)**

Water, Wheat Flour, Soy Flour, Vegetable Oil (Corn, Canola And/Or Sunflower Oil), Soy Protein Isolate. Contains 2% Or Less Of Wheat Gluten, Wheat Starch, Yellow Corn Flour, Methylcellulose, Potato Starch, Cornstarch, Yeast Extract, Sugar, Salt, Natural Flavors, Dextrose, Spices, Onion Powder, Yeast, Potassium Chloride, Glutamic Acid, Paprika (Color), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Garlic Powder, Citric Acid, Xanthan Gum, Barley Malt Extract

#### **Macaroni & Cheese (Contains: Wheat, Dairy)**

Elbow Pasta, Milk, Velveeta, Cheddar Cheese

#### **Green Beans (Gluten Free, Dairy Free)**

Green Beans, Salt, Pepper, Olive Oil

## MAY 2021 INGREDIENT LIST



### FRIDAY, MAY 21

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#### **Beef Stroganoff (Contains: Wheat, Dairy)**

Beef Tips, Salt, Pepper, Corn Starch, Onions, Sour Cream, Mushrooms, Beef Base (Roasted Beef And Concentrated Beef Stock, Salt, Hydrolyzed Soy, Corn, And Wheat Proteins, Maltodextrin, Autolyzed Yeast Extract, Palm Oil, Sugar, Caramel Color, Onion Powder, 2 Or Less Of Corn Oil, Disodium Inosinate, Disodium Guanylate, Modified Cornstarch, Natural Flavors, Lactic Acid)

#### **Mushroom Stroganoff (Contains: Wheat, Dairy)**

Mushroom, Salt, Pepper, Vegetable Stock (May Contain: Wheat), Onions, Sour Cream

#### **Peas & Carrots (Gluten Free, Dairy Free)**

Peas, Carrots, Salt, Pepper, Olive Oil

#### **Mashed Potatoes (Gluten Free) (Contain: Dairy)**

Russet Potatoes, Whole Milk, Salt, White Pepper, Unsalted Butter

#### **Rice Krispie Treat (Contains: Wheat, Dairy, Soy)**

Toasted Rice Cereal (Rice, Sugar, Salt, Malt Flavor, Niacinamide, Reduced Iron, Vitamin B2 [Riboflavin], Folic Acid), Corn Syrup, Fructose, Vegetable Oil (Soybean And Palm Oil With TBHQ For Freshness), Sugar, Corn Syrup Solids. Contains 2% Or Less Of Vegetable Glycerin, Dextrose, Gelatin, Natural And Artificial Flavors (Contains Milk), Salt, DATEM, Acetylated Monoglycerides, Soy Lecithin, BHT For Freshness

### MONDAY, MAY 24

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#### **Chicken Teriyaki (Soy-Free, Gluten-Free)**

Soy Free Kikkoman Teriyaki Sauce, Chicken Breast, Granulated Sugar

#### **Tofu Teriyaki (Soy-Free, Gluten-Free)**

Soy Free Kikkoman Teriyaki Sauce, Firm Tofu, Granulated Sugar

#### **White Rice with Scallions (Gluten Free, Dairy Free)**

Long Grain Rice, Olive Oil, Salt, Scallions

#### **Steamed Broccoli (Gluten Free, Dairy Free)**

Broccoli, Salt, Pepper



## MAY 2021 INGREDIENT LIST



### TUESDAY, MAY 25

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#### **Pulled Pork Sandwich (Contains: Wheat, Soy)**

Smoked Cooked Pork, Cider Vinegar, Sugar, Salt, Spices, Cattleman's BBQ Sauce (Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor)

Kaiser Roll: Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Soybean Oil, Salt, Yellow Corn Meal, Calcium Stearoyl-2-Lactylate, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Ammonium Sulfate, Calcium Stearate, Wheat Starch, Calcium Sulfate, Calcium Peroxide, Calcium Propionate (Contains: Wheat, Soy)

#### **BBQ Tofu (Gluten Free, Dairy Free) (Contains: Soy)**

Tofu, Salt, Pepper, Cattleman's BBQ Sauce (Distilled Vinegar, Tomato Paste, High Fructose Corn Syrup, Water, Corn Syrup, Salt, Mustard Bran, Molasses, Spices, Onion Powder, Sodium Benzoate (As A Preservative), Garlic Powder, Sugar, Celery Seed And Natural Flavor)

#### **Lay's Potato Chips (Gluten Free, Dairy Free)**

Potatoes, Vegetable Oil (Sunflower, Corn And/Or Canola Oil), Salt

#### **Corn Salad (Gluten Free)**

Corn, Salt, Pepper, Lime Juice, Onions, Cilantro, Olive Oil

### WEDNESDAY, MAY 26

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#### **Diced Mediterranean Chicken Breast (Gluten Free, Dairy Free)**

Diced Chicken, Oregano, Cumin, Garlic, Salt, Pepper, Olive Oil, Parsley

#### **Mediterranean Spice Cauliflower Florets (Gluten Free, Dairy Free)**

Cauliflower Florets, Oregano, Cumin, Garlic, Salt, Pepper, Olive Oil, Parsley

#### **Roasted Red Potatoes (Gluten Free, Dairy Free)**

Red Potatoes, Salt, Pepper, Olive Oil

#### **Brussel Sprouts (Gluten Free, Dairy Free)**

Brussel Sprouts, Olive Oil, Salt, Pepper

## MAY 2021 INGREDIENT LIST



### THURSDAY, MAY 27

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#### **Beef Bolognese (Contain: Soy) (Dairy Free)**

Marinara Sauce: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices), White Diced Onion, Carrots, Salt, Pepper, Thyme, Garlic, Ground Beef

#### **Mushroom Bolognese (Dairy Free) (Contain: Soy)**

Salt, Pepper, Parsley, Cremini and White Mushroom, Marinara Sauce: Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soybean Oil, Salt, Dried Garlic, Dried Onion, Citric Acid, Dried Parsley, Spices)

#### **Linguini Pasta (Dairy Free) (Contain: Wheat)**

Semolina (Wheat), Durum Wheat Flour. Vitamins/Minerals: Vitamin B3 (Niacin), Iron (Ferrous Sulfate), Vitamin B1 (Thiamine Mononitrate), Vitamin B2 (Riboflavin), Folic Acid

#### **Green Beans With Garlic Oil (Gluten Free, Dairy Free)**

Green Beans, Salt, Pepper, Olive Oil, Garlic Oil

### FRIDAY, MAY 28

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#### **Herbed Roasted Chicken (Gluten Free, Dairy Free)**

Chicken Thigh, Thyme, Onions, Garlic, Parsley, Canola Oil, Paprika

#### **Herbed Roasted Cauliflower Steak (Gluten Free, Dairy Free)**

Cauliflower, Salt, Pepper, Thyme, Parsley, Olive Oil

#### **Jasmine Rice (Gluten Free, Dairy Free)**

Jasmine Rice, Salt, Pepper, Olive Oil

#### **Thyme Roasted Carrots (Gluten Free, Dairy Free)**

Carrots, Olive Oil, Thyme, Salt, Pepper

#### **Oreo Crunch Cookie (Contains: Dairy, Eggs, Soy, Wheat)**

Flour (Bleached Wheat Flour, Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Potassium Bromate), Brown Sugar, Margarine (Soybean Oil, Palm Oil And Palm Kernel Oil, Water, Salt, Mono And Diglycerides, Soy Lecithin, Sodium Benzoate (Preservative), Artificial Butter Flavor, Beta Carotene, Vitamin A Palmitate), Oreo Cookies (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Sugar, Palm And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose, Corn Syrup, Leavening (Baking Soda And/Or Calcium Phosphate), Salt, Soy Lecithin, Chocolate, Artificial Flavor), Oreo Cookie, Eggs, Sugar, Salted Butter (Cream, Salt), Vanilla Extract, Baking Soda, Salt