

\*Sides may change based on freshness and availability

# spring lunch menu

march 2020  
april 2020  
may 2020

monday

tuesday

wednesday

thursday

friday

**April 6, 2020**

Beef Kofta Bites  
*Veggie Kofta Bites*  
WG Roll  
Peas  
Cantaloupe

**April 13, 2020**

Turkey Meatloaf  
*Veggie-loaf*  
WG Roll  
Mashed Potatoes  
Orange Slices

**April 20, 2020**

Turkey Sloppy Joe  
*Boca Sloppy Joe*  
WG Bun  
Green Beans  
Pear Slices

**April 27, 2020**

BBQ Chicken  
*BBQ Tofu*  
WG Roll  
Roasted Sweet Potatoes  
Pear Slices

**April 7, 2020**

Kung Pao Chicken  
*Kung Pao Tofu*  
Asian Noodles  
Broccoli  
Pineapple

**April 14, 2020**

Tortellini Marinara  
Green Beans  
Cantaloupe

**April 21, 2020**

Lemon Chicken  
*Lemon Tofu*  
Brown Rice  
Cucumber Salad  
Honeydew

**April 28, 2020**

Beef Taco  
*Boca Taco*  
Flour Tortilla  
Roma Tomatoes  
Mango

**April 1, 2020**

Asian Meatballs  
*Veggie Meatballs*  
Quinoa  
Broccoli  
Orange Slices

**April 8, 2020**

Turkey Sausage Patty  
*Veggie Sausage Patty*  
French Toast  
Cucumber  
Honeydew

**April 15, 2020**

Sweet & Sour Chicken  
*Sweet & Sour Tofu*  
Brown Rice  
Broccoli  
Pineapple

**April 22, 2020**

Beef Burger  
*Veggie Burger*  
WG Bun  
Roasted Beets  
Banana

**April 29, 2020**

Asian Meatballs  
*Veggie Meatballs*  
Quinoa  
Broccoli  
Orange Slices

**April 2, 2020**

Rotini Pasta  
Tomato Cream Sauce  
Mozzarella Cheese  
Green Beans  
Pineapple

**April 9, 2020**

Lasagna Roll Up  
Green Beans  
Pearsauce

**April 16, 2020**

Creamy Mac and Cheese  
Peas  
Honeydew

**April 23, 2020**

Baked Ziti  
Broccoli  
Pineapple

**April 30, 2020**

Rotini Pasta  
Tomato Cream Sauce  
Mozzarella Cheese  
Green Beans  
Pineapple

**April 3, 2020**

Chicken Nuggets  
*Veggie Nuggets*  
WG Roll  
Peas & Carrots  
Apple Slices

**April 10, 2020**

Veggie Burger  
WG Bread  
Butternut Squash  
Apple Slices

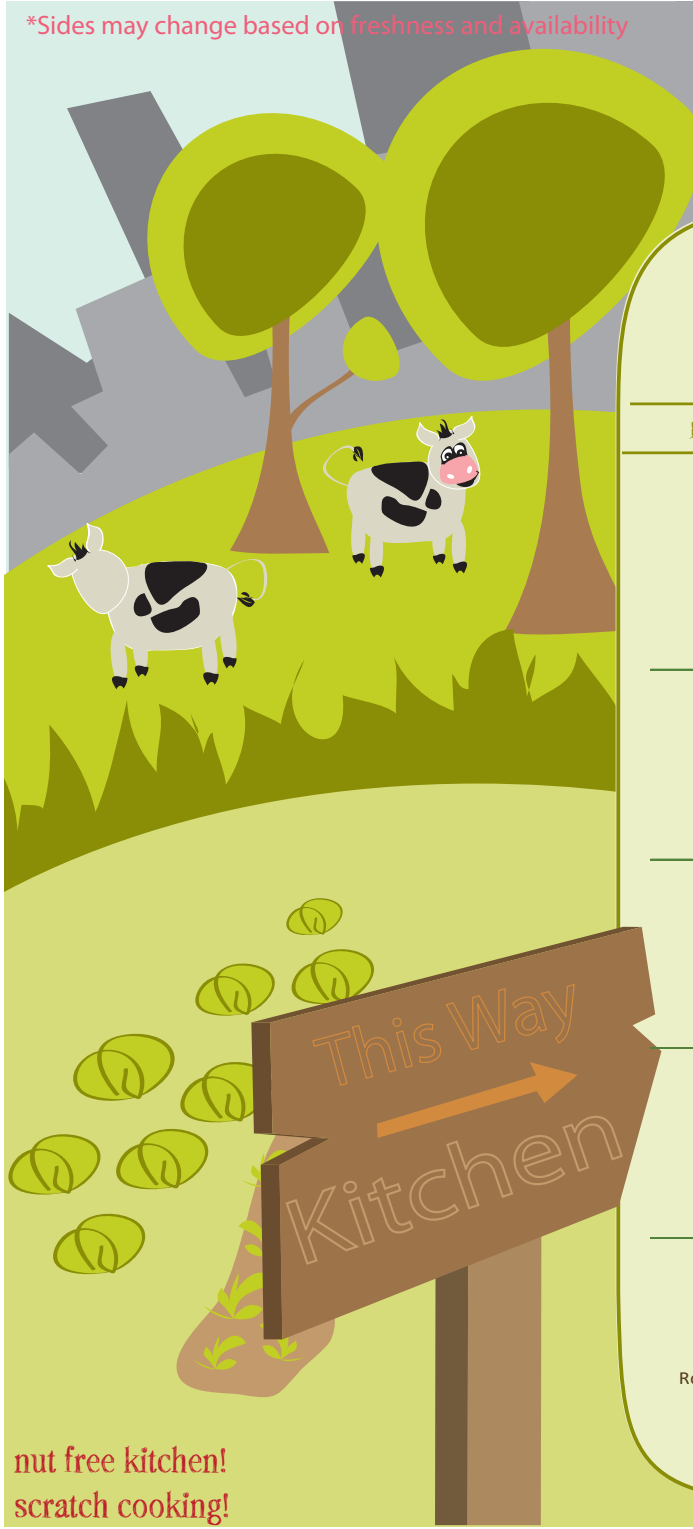
**April 17, 2020**

Fish Tenders  
*Veggie Nuggets*  
WG Bread  
Steamed Carrots  
Kiwi

**April 24, 2020**

Veggie Tamale  
Steamed Carrots  
Apple Slices

nut free kitchen!  
scratch cooking!



\*Sides may change based on freshness and availability

# gfdfef spring lunch menu

march 2020

april 2020

may 2020

monday

tuesday

wednesday

thursday

friday

		<b>April 1, 2020</b> GF/DF/EF Asian Meatballs Quinoa Broccoli Orange Slices	<b>April 2, 2020</b> GF Pasta Turkey Bolognese Green Beans Pineapple	<b>April 3, 2020</b> Grilled Chicken WG Roll Peas & Carrots Apple Slices
<b>April 6, 2020</b> Beef Kofta Bites WG Roll Peas Cantaloupe	<b>April 7, 2020</b> Kung Pao Chicken Brown Rice Broccoli Pineapple	<b>April 8, 2020</b> Turkey Sausage Patty GF Waffle Cucumber Slices Honeydew	<b>April 9, 2020</b> GF Pasta Turkey Bolognese Green Beans Pearsauce	<b>April 10, 2020</b> Beef Burger GF Bun Butternut Squash Apple Slices
<b>April 13, 2020</b> GF/DF/EF Turkey Meatloaf GF Bread DF Mashed Potatoes Orange Slices	<b>April 14, 2020</b> GF Penne Turkey Bolognese Green Beans Cantaloupe	<b>April 15, 2020</b> Sweet & Sour Chicken Brown Rice Broccoli Pineapple	<b>April 16, 2020</b> GFDF creamy mac n 'cheese' Peas Honeydew	<b>April 17, 2020</b> Catfish GF Bread Steamed Carrots Kiwi
<b>April 20, 2020</b> Turkey Sloppy Joe GF Bun Green Beans Pear Slices	<b>April 21, 2020</b> Lemon Chicken Brown Rice Cucumber Salad Honeydew	<b>April 22, 2020</b> Beef Burger GF Bun Roasted Beets Banana	<b>April 23, 2020</b> GF Pasta Turkey Bolognese Broccoli Pineapple	<b>April 24, 2020</b> GF/DF Cheese Tamale Steamed Carrots Apple Slices
<b>April 27, 2020</b> BBQ Chicken GF Bread Roasted Sweet Potatoes Pear Slices	<b>April 28, 2020</b> Beef Taco Corn Tortilla Roma Tomatoes Mango	<b>April 29, 2020</b> GF/DF/EF Asian Meatballs Quinoa Broccoli Orange Slices	<b>April 30, 2020</b> GF Pasta Turkey Bolognese Green Beans Pineapple	

This Way  
→  
Kitchen

nut free kitchen!  
scratch cooking!

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	<b>Antibiotic-free chicken breast</b> , canola oil, salt <b>Adobo Sauce</b> ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) <b>Served with a flour tortilla (see bread ingredients)</b>							
Apple Chicken Curry	<b>Antibiotic-free chicken breast</b> , canola oil, salt <b>Apple Curry Sauce</b> ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin))				X			
Asian BBQ Chicken	<b>Antibiotic free-chicken thigh</b> <b>Asian BBQ Sauce</b> ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
Asian Meatballs	<b>Asian Meatball</b> - (Antibiotic free ground turkey, bread crumbs, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), garlic, ginger).	X		X				
Baked Ziti	<b>Penne Pasta</b> , <b>Marinara Sauce</b> , <b>Baked Ziti Cheese Sauce</b> (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) <i>*See Marinara Ingredients</i>			X	X			
BBQ Chicken	<b>Antibiotic-free chicken breast</b> , canola oil, salt <b>BBQ Sauce</b> (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder))							
Beef Burger	<b>Ground beef</b> , salt <b>Served on whole grain hamburger bun (see bread ingredients)</b>							
Beef Kofta Bites	Ground beef, onions, panko bread crumbs, garlic, sea salt, eggs, mint, cilantro, cumin, black pepper		X	X				
Beef Sloppy Joe	<b>Ground beef</b> , <b>Organic ketchup</b> (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor) <b>Sloppy Joe Sauce</b> ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic)) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>							
Beef Tacos	<b>Ground Beef</b> <b>Dry Taco Seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Served on a flour tortilla (see bread ingredients)</b>							
Burrito, Turkey	<b>Tortilla (see bread ingredients)</b> <b>Scrambled eggs &amp; Turkey Crumbles</b> whole eggs, abf ground turkey, seasoning, citric acid Mild shredded cheddar cheese (pasteurized milk cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)) Salsa (diced tomatoes, onion, cilantro, lime juice, sea salt)	X	X	X	X			
Chicken (not so) Fried Rice	<b>Antibiotic-free chicken thigh</b> , <b>Brown Rice</b> , <b>Peas &amp; Carrots</b> <b>Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Chicken Nuggets	<b>Antibiotic-free chicken breast</b> , water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika <i>**soybean oil to set breading</i>	X		X				

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chicken Teriyaki	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Teriyaki Sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Chipotle Lime Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Chipotle Lime Sauce</b> (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic)	X						
Fish Tenders	<b>Marine stewardship council certified Alaska pollock</b> , whole wheat flour, vegetable oil [soybean and/or canola], enriched wheat flour [flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water, contains 2% or less of: yellow corn flour, wheat gluten, salt, sugar, iodized salt, yeast, whole yellow corn flour, soy flour, dextrose, leavening [baking soda, sodium aluminum phosphate], mono and diglycerides, extractives of paprika, spice extract, spice	X		X		X		
French Toast	Whole Grain Bread (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides. Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch), Eggs, Whole Milk, Sugar, Vanilla Extract, Ground Cinnamon	X	X	X	X			
Hawaiian Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Hawaiian Glaze</b> (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Hawaiian Turkey	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. <b>Hawaiian Glaze</b> (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Kung Pao Chicken	<b>Antibiotic-free Chicken Breast</b> , canola oil, salt. <b>Kung Pao Sauce-</b> (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger	X						X
Lasagna Roll Up	Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper.		X	X	X			
Lemon Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Lemon Sauce</b> ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt))							

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Mac 'n Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Cheese Sauce</b> ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt))			X	X			
Marinara Sauce	Muir Glenn organic tomatoes, (Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Mediterranean Meatballs	Raised without antibiotics ground turkey, eggs, fresh mint, fresh cilantro, fresh garlic, ground Cumin, sea salt, ground black pepper, fresh green onions, whole grain bread crumbs wheat flour, dextrose, yeast, salt)		X	X				
Orange Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Orange Sauce</b> ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt))	X						
Pasta (Rotini, Farfalle, Penne) with Tomato Cream Sauce	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Tomato Cream Sauce</b> ((organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (italian parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate)) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pasta Marinara w/ Mozzarella	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Marinara**See Marinara ingredients</b> <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pizza Muffin	Organic stone ground all purpose flour, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), baking powder, whole milk, liquid eggs, basil, garlic powder, oregano **served with marinara sauce (see marinara ingredients)		X	X	X			
Ravioli (Cheese) Marinara	<b>Cheese Ravioli</b> (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper)** <b>served with marinara sauce (see marinara ingredients)</b>	X	X	X	X			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Roast Turkey w/Gravy	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. Gravy (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil)	X						
Sweet & Sour Chicken	<b>Antibiotic free-chicken thigh</b> <b>Sweet &amp; Sour Sauce</b> (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)							
Three Bean Chili	Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Black Beans, Kidney Beans, Great Northern Beans, Onion, Green Peppers, Organic Ketchup [Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor]], Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Dark Brown Sugar, Garlic Powder, Ground Red Chili Pepper, Cinnamon, Sea Salt							
Tortellini (Cheese) Marinara	<b>Tortellini</b> (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid))), whey ricotta cheese (whey, whole milk, cream, vinegar), romano cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), water, whole egg, bread crumbs (wheat flour, sugar, canola oil, salt, yeast), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), dehydrated potatoes (100% potatoes), salt, parsley, black pepper) <b>**served with marinara sauce (see marinara ingredients)</b>	X	X	X	X			
Turkey Bolognese	<b>Antibiotic-Free Ground Turkey</b> , marinara sauce (see marinara ingredients), carrots							
Turkey Meatball Marinara	<b>Meatballs</b> (antibiotic-free ground turkey, wheat bread crumbs (bleached wheat flour, dextrose, yeast, salt), salt <b>**served with marinara sauce (see marinara ingredients)</b> <b>Served on a whole grain hamburger bun (see bread ingredients)</b>			X				
Turkey Meatloaf	<b>Antibiotic-Free Ground Turkey</b> , Mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), spinach, eggs, <b>whole wheat bread crumbs (see bread ingredients)</b> , water, basil, organic ketchup ((organic tomato puree (organic tomato paste, water), organic natural milled sugar, vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor)), sea salt, dry onion powder, vegetable base		X	X				
Turkey Sausage Patties	<b>Antibiotic-Free Ground Turkey</b> Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							
Turkey Sloppy Joe	<b>Antibiotic-Free Ground Turkey</b> <b>Sloppy Joe Sauce</b> (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>							
Turkey Swiss Sandwich	<b>Raised without antibiotics turkey breast</b> (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) Swiss Cheese (cultured pasteurized milk, salt, enzymes) Whole Grain Hamburger Bun (water, whole wheat flour, enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, soybean oil, contains 2% or less of the following: salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, ascorbic acid, calcium peroxide, enzymes), potassium sorbate, calcium propionate, yeast nutrients (monocalcium phosphate, calcium sulfate, ammonium sulfate))	X		X	X			

Lunch Ingredient List		Allergens						
	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Turkey Tacos	Antibiotic-Free Ground Turkey Taco Seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) Served on a flour tortilla (see bread ingredients)							
Veggie Burger	Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper Served on a whole grain hamburger bun (see bread ingredients)	X		X				
Veggie Tamale	MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.)	X						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.

**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X		X			
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Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Adobo Sauce</b> ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) <b>Served with a flour tortilla (see bread ingredients)</b>	X						
Apple Curry Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Apple Curry Sauce</b> ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, unsalted butter (cream, natural flavorings), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin))	X			X			
Asian BBQ Tofu	<b>Tofu</b> (non-gmo soybeans, water, calcium sulfate) <b>Asian BBQ Sauce</b> ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
Baked Ziti	<b>Penne Pasta</b> , <b>Marinara Sauce</b> , <b>Baked Ziti Cheese Sauce</b> (Mozzarella cheese, ricotta cheese, half & half, parmesan cheese) *See Marinara Ingredients			X	X			
BBQ Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>BBQ Sauce</b> (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder))	X						
Boca Nachos	<b>Boca crumbles</b> (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) <b>Taco Seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Tortilla Chips</b> (whole grain yellow corn treated with lime, vegetable oil (contains one or more of the following: soybean oil, corn oil), water, salt, TBHQ & citric acid (used as a preservative)) <b>Nacho Cheese</b> ((extra melt american cheese (american cheese (milk, cheese cultures, salt, enzymes), water, cream, sodium phosphate, color added, sorbic acid added as preservative)), mild cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), unsalted butter (cream, natural flavoring), whole milk, rice flour, unsalted butter, sea salt, taco seasoning (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor))	X		X	X			
Boca Tacos	<b>Boca crumbles</b> (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat), dried onions, garlic powder spices) <b>Taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Served on a flour tortilla (see bread ingredients)</b>	X		X				
Buffalo Tofu Sandwich	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Buffalo Sauce</b> ((unsalted butter, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder), raw garlic)) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X			X			
Burrito, Los Cabos	<b>Filling</b> (Water, Pinto Beans ([Water, Pinto Beans], and Salt), Pinto Beans), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, May contain Annatto Color), Contains 2% or less of: Spices, Garlic Powder, Salt, and Corn Starch) <b>Whole Wheat Flour Tortilla</b> (Soy Flour Enriched (Wheat Flours [Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)], Water, Soy Flour, Soybean Oil, Potato Starch, Pea Fiber, Distilled Monoglyceride, Wheat Gluten, Glycerine, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate)	X		X	X			



Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Chipotle Lime Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Chipotle Lime Sauce</b> (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic))	X						
French Toast	<b>Whole Grain Bread</b> (Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (DATEM, Mono & Diglycerides, Ethoxylated Mono & Diglycerides, Ascorbic Acid, Enzymes), Malted Barley Flour, Dextrose, Soy Lecithin, Calcium Propionate & Potassium Sorbate (Preservatives), Wheat Starch) <b>Liquid Eggs</b> (whole eggs, citric acid, water), <b>whole milk, imitation vanilla extract, ground cinnamon, sea salt, white sugar</b>	X	X	X	X			
Hawaiian Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Hawaiian Glaze</b> (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Hoisin Sauce	Maple syrup, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents).	X						
Kung Pao Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate). <b>Kung Pao Sauce</b> - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lasagna, Mexican	<b>Whole Grain Tortilla</b> (whole wheat flour, water, unbleached enriched flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)) <b>Refried Beans</b> (cooked beans, water, salt, vegetable oil (cottonseed), garlic) <b>Shredded Mild Cheddar Cheese</b> (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents)), Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride) <b>Taco Seasoning</b> (Salt, Sugar, Paprika, Spices, Onion, Garlic, Citric Acid, Natural Flavor) <b>Salsa</b> (organic diced tomatoes, onion, lime juice, sea salt)			X	X			
Lasagna Roll Up	Enriched Semolina (Durum Wheat Semolina, Ferrous Sulfate, Niacin, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, and Egg White, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parsley, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper.		X	X	X			
Lemon Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Lemon Sauce</b> ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt))	X						

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Mac 'n Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Cheese Sauce</b> ((american cheese (milk, cheese cultures, salt, enzymes, water, cream, sodium phosphate, color added, sorbic acid added as preservative), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), whole milk, rice flour, unsalted butter, sea salt))			X	X			
Marinara Sauce	Muir Glenn organic tomatoes, (Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice), sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Orange Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Orange Sauce</b> ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt))	X						
Pasta Marinara with Mozzarella Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Marinara</b> ** (See marinara ingredients) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pasta with Tomato Cream Sauce & Mozzarella Cheese	<b>Pasta</b> ((semolina (wheat), durum wheat flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid) water, canola oil)) <b>Tomato Cream Sauce</b> ((diced canned tomatoes (organic tomatoes, organic tomato juice, sea salt, naturally derived citric acid, calcium chloride), tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder), olive oil, garlic, onions, oregano, basil, sugar, salt, grated parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose), half & half (milk, cream, dipotassium phosphate)) <b>Served w/ Mozzarella Cheese</b> (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking))			X	X			
Pizza Muffins	All purpose enriched flour, part-skim mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powdered cellulose (to prevent caking)), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agents), baking powder, whole milk, liquid eggs, basil, garlic powder, oregano **Served with marinara sauce (see marinara ingredients)		X	X	X			
Quesadilla, Cheese	<b>Whole Grain Tortilla</b> (whole wheat flour, water, unbleached enriched flour (unbleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)) <b>Mild Cheddar Cheese</b> (cultured pasteurized milk, salt, enzymes, annatto color)			X	X			
Ravioli (Cheese) Marinara	<b>Cheese Ravioli</b> (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whole milk ricotta cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), water, whole egg, romano cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), parmesan cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), bread crumbs (wheat flour, sugar, canola oil, salt, yeast), parsley, salt, black pepper) ** served with marinara sauce (see marinara ingredients)	X	X	X	X			

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Sunbutter & Jelly Sandwich	<b>Sunbutter</b> (roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)) <b>Jelly</b> (organic concord grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid) <b>Served on whole grain bread (see bread ingredients)</b>	X		X				
Sweet & Sour Tofu	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Sweet &amp; Sour Sauce</b> (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)	X						
Three Bean Chili	Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Black Beans, Kidney Beans, Great Northern Beans, Onion, Green Peppers, Organic Ketchup [Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor]], Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Dark Brown Sugar, Garlic Powder, Ground Red Chili Pepper, Cinnamon, Sea Salt							
Tofu Teriyaki	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) <b>Teriyaki Sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Tofurkey with Gravy	<b>Tofurkey</b> (mycoprotein (59%), rehydrated egg white, onion, milk proteins, canola oil, natural flavors from non-meat sources (contains yeast extract, onion, potato maltodextrin, salt, patioca dextrin, gum arabic) - contains 2% or less of calcium chloride and calcium acetate) <b>Gravy</b> (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil)	X	X		X			
Tortellini Marinara	<b>Tortellini</b> (durum wheat flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), whey ricotta cheese (whey, whole milk, cream, vinegar), romano cheese (pasteurized sheep's milk, cheese culture, salt, enzymes, modified food starch, powdered cellulose (anti-caking agent), water, whole egg, bread crumbs (wheat flour, sugar, canola oil, salt, yeast), flour blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), dehydrated potatoes (100% potatoes), salt, parsley, black pepper) <b>Marinara Sauce ** (See marinara ingredients)</b>	X	X	X	X			
Veggie Burger	Hydrated textured soy protein (water, soy protein concentrate, caramel color), onions, wheat gluten, soy protein concentrate, arrowroot powder, natural vegan beef flavor (yeast extract, maltodextrin, salt, natural flavoring), flaxseed meal, garlic, salt, black pepper <i>**pre-cooked in expeller pressed canola oil</i> <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X		X				
Veggie Kofta Bite	Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract)	X		X				
Veggie (not so) Fried Rice	<b>Tofu</b> (non-GMO soybeans, water, calcium sulfate) , <b>Brown Rice, Peas &amp; Carrots, Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Veggie Meatball Marinara	<b>Vegetarian Meatballs</b> (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methycellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract) <b>Marinara ** (See marinara ingredients)</b>	X		X				

Vegetarian Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Veggie Meatball	Vegetarian Meatballs (water, soy protein concentrate, expeller pressed canola oil, vital wheat protein, soy protein isolate, enriched wheat flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), methylcellulose, spices, yeast extract, onion powder, sea salt, organic cane sugar, malted barley extract, dehydrated onion, dehydrated garlic, natural flavors (from plant sources), garlic powder, white distilled vinegar, pea protein, carrot fiber, beetroot fiber, molasses, paprika and tumeric extract, annatto extract)	X		X				
Veggie Meatloaf	Pinto beans (pinto beans, water, salt, calcium chloride & calcium disodium EDTA added for color retention), liquid eggs, salsa (diced tomatoes, onions, lime juice, sea salt), panko bread crumbs (bleached wheat flour, dextrose, yeast, salt), raw onion, ground cumin, garlic powder, black pepper		X	X				
Veggie Nuggets	Mycoprotein (41%), wheat flour, canola oil, rehydrated egg white, wheat starch, contains 2% or less of natural flavor from non-meat sources (contains yeast, salt, onion), potato dextrin, salt, wheat gluten, dextrose, whole egg & egg white, pea fiber, milk proteins, firming agents: calcium chloride, calcium acetate, turbinado sugar, spice, yeast		X	X				
Veggie Sausage Patties	Water, Wheat Gluten, Soy Flour, Egg Whites, Corn Oil, Soy Protein Concentrate, Sodium Casinate, Modified Tapioca Starch, Contains 2% or less of Lactose, Soybean Oil (With TBHQ for Freshness), Soy Protein Isolate, Autolyzed Yeast Extract, Spices, Natural & Arificial Flavors, Methylcellulose, Sodium Tripolyphosphate, Salt, Hydrolyzed wheat Gluten, Disodium Inosinate, Caramel Color, Modified Corn Starch, Whey, Hydrolyzed Corn Gluten, Maltodextrin, Onion Powder, Disodium Guanylate, Tetrasodium Pyrophosphate, Tricalcium Phosphate, Lactic Acid, Ascorbic Acid, Brewer's Yeast, Torula Yeast, Calcium Phosphate, Soy Lecithin, Iron (Ferrous Sulfate), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (vitamin B6), Riboflavin (vitamin B2), Vitamin B12	X	X	X	X			
Veggie Sloppy Joe	<b>Boca Crumbles</b> (water, soy protein concentrate, contains less than 2% of malt extract (contains gluten), salt, yeast extract, sugar, natural flavor (contains celery, non-meat flavor), dried onions, garlic powder spices) <b>Sloppy Joe Sauce</b> (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) <b>Served on a whole grain hamburger bun (see bread ingredients)</b>	X		X				
Veggie Tamale	MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.)	X						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.								
**May be subbed with Yellow American Cheese	Yellow American Cheese: American Cheese (Milk, cheese cultures, salt, enzymes, annatto, vegetable color) water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non-sticking agent) Contains: Milk, Soy Lecithin	X	X		X			

Gluten Free Dairy Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Adobo Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Adobo sauce</b> ((organic tomato sauce (tomato puree, tomato juice, sea salt, onion powder, naturally derived citric acid, garlic powder), white sugar, apple cider vinegar, ground red chili pepper, ground cumin, dry paprika, dry garlic powder, dry onion powder)) <b>Served with a corn tortilla (see bread ingredients)</b>							
Asian BBQ Chicken	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Asian BBQ sauce</b> ((dark brown sugar, maple syrup, miso paste (water, soybeans, rice, salt), raw onion, raw garlic, raw ginger, rice vinegar, soy sauce (water, soybeans, salt, sugar), canola oil, xanthan gum powder, dry ginger, chinese five spice))	X						
GF/DF/EF Asian Meatballs	<b>Asian Meatball</b> - (Antibiotic free ground turkey, Hoisin Sauce (Dark brown sugar, gluten free miso paste, garlic, rice vinegar, chinese five spice blend (anise, cinnamon, star anise, cloves, ginger, sulfiting agents)), salt).	X						
BBQ Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>BBQ sauce</b> (organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), unsulfured molasses, apple cider vinegar, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder))							
Beef Burger	<b>Ground beef</b> , salt <b>Served on a gluten-free hamburger bun (see bread ingredients)</b>							
GF/DF/EF Beef Kofta Bites	<b>GF/DF/EF Beef Kofta</b> - Ground beef, onion, garlic, salt, cilantro, mint, red chili pepper, cumin, black pepper.							
Beef Sloppy Joe	<b>Ground beef</b> <b>Sloppy joe sauce</b> ((red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic))							
Beef Taco	<b>Ground beef</b> <b>Dry taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor)							
Catfish	<b>Catfish</b> , salt, canola oil					X		
Chicken (not so) Fried Rice	<b>Antibiotic free-chicken thigh</b> , brown rice, peas & carrots <b>Sauce</b> (vegetable base, water, rice vinegar, soy sauce (water, soybeans, salt, sugar), garlic, ginger, sugar, sesame oil)	X						X
Chicken Teriyaki	<b>Antibiotic free-chicken thigh</b> , canola oil, salt <b>Teriyaki sauce</b> (water, soy sauce (water, soybeans, salt, sugar), honey, dark brown sugar, canola oil, raw garlic, onion, raw ginger, cornstarch)	X						
Chipotle Lime Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Chipotle lime sauce</b> (honey, lime juice, soy sauce (water, soybeans, salt, sugar), canola oil, ground red chili powder, garlic, chipotle salsa (tomato puree, chipotle peppers, sugar, onion, vinegar, salt, canola oil, paprika, spices, garlic))	X						
Dairy Free Mozzarella Cheese	<b>Dairy-free mozzarella cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)							
GF/DF/EF Mac n Cheese	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Sauce</b> (vegan cheddar cheese: filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO, <b>Soy milk</b> (water, organic soybeans)	X						

Gluten Free Dairy Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
GF/DF/EF Pasta Marinara	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Marinara</b> **See marinara ingredients <b>Dairy-free mozzarella cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)	X						
GF/DF/EF Apple Chicken Curry	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Apple curry sauce</b> ((water, unsweetened applesauce (apples, water, ascorbic acid added to maintain color), raw onion, dark brown sugar, rice flour, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), canola oil, celery, raw garlic, curry powder (spices, tumeric, and celery), ground cinnamon, ground cumin))							
GF/DF/EF Bean & Cheese Tamale	<b>Black beans</b> <b>Dairy-free cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water							
GF/DF/EF Buffalo Chicken Sandwich	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Buffalo sauce</b> (raw garlic, hot sauce (aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder) <b>Served on a gluten-free hamburger bun (see bread ingredients)</b>							
GF/DF/EF Cheese Tamale	<b>Dairy-free cheese</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking. Non GMO), canola oil, dry corn masa, sea salt, baking powder, water							
GF/DF/EF Mediterranean Meatballs	<b>Antibiotic-free ground turkey</b> , green onions, raw garlic, sea salt, raw mint, raw cilantro, ground cumin, red chili pepper, ground black pepper							
GF/DF/EF Pizza	<b>Pizza crust</b> (gluten-free flour (brown rice, tapioca, soy), water, palm oil, xanthan gum, dry yeast, salt, baking soda. Marinara: 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) <b>Dairy-free cheddar</b> (filtered water, modified potato starch, canola oil, vegetable glycerine, tricalcium phosphate, pea protein, sea salt, natural vegan flavor, lactic acid (non-dairy), sunflower lecithin, annatto extract (color), powdered cellulose added to prevent caking)	X						
GF/DF/EF Turkey Meatballs Marinara	<b>Meatballs</b> (antibiotic-free turkey, salt) <b>Marinara</b> **See marinara ingredients							
GF/DF/EF Turkey Meatloaf	<b>Antibiotic-free ground turkey</b> , spinach, organic ketchup (organic tomato puree (organic tomato paste, water), organic naturally milled sugar, organic vinegar, sea salt, organic onion powder, organic garlic powder, natural flavor), onion powder, mustard (distilled white vinegar, water, mustard seed, mustard bran, salt, tumeric, paprika), pure honey, sea salt, garlic powder							
GF/DG/EF Waffle	Water, Van's Gluten Free Mix (Brown Rice Flour, Potato Starch, Rice Flour, Soy Flour), Non-GMO Expeller Pressed Canola Oil, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Rice Flour, Monocalcium Phosphate), Van's Natural Fruit Juice Blend (Pineapple, Peach and Pear Juice Concentrates), Sea Salt, Guar Gum, Soy Lecithin	X						
Grilled Chicken/Grilled Chicken Strips	<b>Antibiotic-free chicken</b> , canola oil, salt, pepper							

Gluten Free Dairy Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Hawaiian Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, sea salt <b>Hawaiian glaze</b> (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Hawaiian Turkey	<b>Roasted turkey</b> (up to 15% of a flavoring solution of turkey broth, contains less than 2% of: salt, sugar, sodium, potassium phosphate) <b>Hawaiian glaze</b> (pineapple, white sugar, water, miso paste (soy), vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) canola oil, cornstarch, dry ginger)	X						
Kung Pao Chicken	<b>Antibiotic-free Chicken Breast</b> , canola oil, salt. <b>Kung Pao Sauce</b> - (soy sauce (water, soybeans, salt, sugar), water, brown sugar, apple cider vinegar, garlic, crushed red pepper, cornstarch, sesame oil, ginger)	X						X
Lemon Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Lemon sauce</b> ((raw onion, vegetable base (sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate), garlic, honey, apple juice (apple juice concentrate, ascorbic acid (vitamin c), lemon juice, canola oil, water, mustard powder, white sugar, dry parsley, cornstarch, apple cider vinegar, dried thyme, sea salt))							
Orange Chicken	<b>Antibiotic free-chicken breast</b> , canola oil, salt <b>Orange sauce</b> ((water, orange jam (sugar, orange juice from concentrate 27%, water, apple pectin, citric acid, color foods (concentrates of carrot, black currant, safflower and lemon), natural flavor, sodium citrate, potassium sorbate, sunflower oil, calcium citrate, polyphosphates), apple cider vinegar, lemon juice, soy sauce (water, soybeans, salt, sugar), orange juice, xanthan gum powder, raw garlic, ground ginger, sea salt))	X						
Roasted Turkey With Gravy	<b>Raised without antibiotics Golden Legacy Roasted Turkey Breast</b> with up to 10% of natural flavoring solution of Water and Sea Salt. <b>Gravy</b> (water, raw onion, carrots, raw garlic, soy sauce (water, soybeans, salt, sugar), miso paste (water, soybeans, rice, salt), vegetable base [sauteed vegetable puree mix (carrots, onions, celery), salt, sugar, maltodextrin, corn oil, less than 2% of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate], xanthan gum, white rice flour, canola oil)	X						
Sweet & Sour Chicken	<b>Antibiotic free-chicken thigh</b> , canola oil, sea salt <b>Sweet &amp; sour sauce</b> (red peppers, pineapple, white sugar, raw onion, raw garlic, water, apple cider vinegar, corn starch, canola oil, sea salt)							
Three Bean Chili	Organic Diced Tomatoes (Tomatoes, Tomato Juice, Sea Salt, Naturally Derived Citric Acid, Calcium Chloride), Black Beans, Kidney Beans, Great Northern Beans, Onion, Green Peppers, Organic Ketchup [Organic Tomato Puree (Tomato Paste, water), Organic Naturally Milled Sugar, Organic Vinegar, Sea Salt, Organic Onion Powder, Organic Garlic Powder, Natural Flavor]], Tomato Paste [Organic Tomato Paste, Naturally Derived Citric Acid], Dark Brown Sugar, Garlic Powder, Ground Red Chili Pepper, Cinnamon, Sea Salt							
Turkey Bolognese on GF Pasta	<b>Gluten-free pasta</b> (organic rice flour, organic rice starch, organic potato starch, organic soy flour) <b>Bolognese sauce</b> (antibiotic-free 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, carrots, salt, sugar, oregano, basil, water)	X						
Turkey Sausage Patties	<b>Antibiotic-free ground turkey</b> Canola oil, dry poultry seasoning (sage, salt, thyme, coriander, marjoram leaf, red pepper, tricalcium phosphate), sea salt							

Gluten Free Dairy Free Lunch Ingredients List		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Turkey Sloppy Joe	<b>Antibiotic-free groud turkey</b> <b>Sloppy joe sauce</b> (red peppers, onion, organic ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato paste, yellow mustard (white vinegar, water, mustard seed, mustard bran, salt, turmeric, paprika), canola oil, garlic) <b>Served on a gluten free hamburger bun (see bread ingredients)</b>							
Turkey Tacos	<b>Antibiotic-free ground turkey</b> <b>Taco seasoning</b> (salt, sugar, paprika, spices, onion, garlic, citric acid, natural flavor) <b>Served on a corn tortilla (see bread ingredients)</b>							
Veggie Tamale	MASA INGREDIENTS: Cooked Stone Ground Corn, Shortening (Palm Oil, Soy Oil, Canola Oil and Topopherol (added as an antioxidant)), Water, Cultured Dextrose, Bisulfate of Soda, Spinach and Lime (Processing Agent). FILLING INGREDIENTS: Refried Pinto Beans, Zucchini, Red Bell Pepper, Salsa Verde (Tomatillos, Green Chiles, Onion, Corn Oil, Starch (Corn Starch, Modified Food Starch, Cellulose Gum, Xanthan Gum, Guar Gum), Cilantro, Sesame Seed, and Garlic.)	X						X
GF/DF/EF Turkey Sandwich	<b>Raised without antibiotics turkey breast</b> (turkey breast, turkey broth and 2% or less of the following: dextrose, salt, sodium phosphate) <b>Gluten-free bread</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 (glucono delta lactone, calcium carbonate & magnesium carbonate), enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D)							

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Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Broccoli	Broccoli							
Cauliflower	Cauliflower							
Coined Carrots	Carrots							
Cold Peas	Peas							
Corn	Corn							
Cucumbers	Cucumbers							
Cucumber Salad	Cucumbers, water, white wine vinegar, dill weed, sugar, salt, pepper							
Green Beans	Green beans							
Mashed Potatoes	Potatoes, whole milk, butter, sea salt				X			
Mashed Sweet Potatoes	Sweet potatoes, whole milk, unsalted butter, sea salt				X			
Snap Peas	Snap peas							
GF/DF/EF Mashed Potatoes	Potatoes, organic soy milk, sea salt	X						
GF/DF/EF Mashed Sweet Potatoes	Sweet potatoes, organic soy milk, salt	X						
Peas	Peas							
Peas & Carrots	Peas, carrots							
Steamed Carrots	Carrots, sea salt							
Roasted Beets	Beets, canola oil, sea salt							
Roasted Butternut Squash	Butternut squash, canola oil, salt							
Roasted Potatoes	Potatoes, vegetable oil (contains one or more of the following: canola oil, corn oil, cottonseed oil, palm oil, soybean oil, sunflower oil), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose	X						
Roasted Sweet Potatoes	Sweet potatoes, canola oil							
Roma Tomatoes	Roma Tomatoes							
	Ingredients							
Apple Slices	Apples, calcium ascorbate							
Appleberry Sauce	Unsweetened applesauce (apples, water, erythorbic acid (to maintain color)), frozen unsweetened strawberries							
Applesauce	Apples, water, erythorbic acid (to maintain color)							
Applesauce, Cinnamon	Apples, water, cinnamon, natural flavor, ascorbic acid (vitamin C)							
Banana	Banana							
Cantaloupe	Cantaloupe							
Craisins, Strawberry	Cranberries, sugar, natural strawberry flavor with other natural flavors, citric acid, sunflower oil, elderberry juice concentrate (color)							
Fruit Salad	2 or more: watermelon, cantaloupe, honeydew, pineapple, strawberries, blueberries							
Honeydew	Honeydew							
Kiwi	Kiwi							
Mango	Mango							
Orange Slices	Oranges							
Pear Slices	Pears, calcium ascorbate							

Fruit & Veggie Sides Ingredients		Allergens						
Vegetable Items	Ingredients	Soy	Egg	Wheat	Dairy	Fish	Shellfish	Sesame
Pearsauce	Pears, water, white sugar							
Pineapple	Pineapple							
Raisins	California sun dried raisins							
Watermelon	Watermelon							
	<b>Ingredients</b>							
Asian Noodles	Wheat Flour, Water, Wheat Gluten, Salt, Soybean Oil	X		X				
Brown Rice	Whole grain parboiled brown rice							
Hummus	Garbanzo beans, tahini (pure ground sesame seed), garlic, lemon juice, olive oil, cumin, salt, water							X
Jelly, Grape	Organic grape juice from concentrate (water, organic concord grape juice concentrate), organic cane sugar, apple pectin, ascorbic acid, citric acid							
Jelly Packet, Grape	Concord grapes, sugar, fruit pectin, citric acid							
Ketchup	Muir Glenn Organic Ketchup, Organic Tomato concentrate from red ripe tomatoes, distilled vinegar, sugar, salt, onion powder, spice, onion powder, natural flavoring							
Marinara sauce	Muir Glenn organic tomatoes, Muir Glenn organic tomato juice, sea salt, naturally derived citric acid, calcium chloride, Muir Glenn organic tomato sauce (organic tomato puree, organic tomato juice, sea salt, organic onion powder, naturally derived citric acid, organic garlic powder, olive oil, garlic, onions, oregano, basil, sugar, salt							
Ranch Dressing (Bulk)	Soybean oil, cultured nonfat buttermilk, water, distilled vinegar, contains less than 2% of: salt, cultured skim milk, natural flavor, sugar, whey protein concentrate, tamarind and xanthan gum, garlic powder, onion powder, lemon juice concentrate, ground mustard, spice, dried parsley, ground celery	X			X			
Ranch Dressing (Packet)	Water, Soybean Oil, Corn Syrup, Distilled Vinegar, Egg Yolks, Modified Food Starch, Contains 2% or less of Buttermilk, Natural Flavors, Potassium Chloride, Salt, Garlic*, Onion*, Xanthan Gum, Yeast Extract, Lactic Acid, Phosphoric Acid, Whey Powder, Disodium Inosinate & Disodium Guanylate, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Polysorbate 60, Spice, Parsley*, Calcium Disodium EDTA to protect flavor	X	X		X			
Salsa	Diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), onions, lime juice, salt							
Sour Cream (Bulk)	Grass raised milk Cultured grade A non-homogenized pasteurized milk, grade A pasteurized cream, milk protein concentrate, enzymes				X			
Sumac Sauce	<b>Sour cream</b> see sour cream bulk <b>Greek yogurt</b> (cultured pasteurized grade A nonfat milk), lemon juice, garlic, olive oil, sea salt, ground black pepper, ground sumac				x			
Sunbutter	Roasted sunflower seeds, sugar, mono-diglycerides (to prevent separation), salt, and vitamin E (natural mixed tocopherols to preserve freshness)							
Quinoa	Quinoa							

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Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Biscuit, Whole Grain	Whole wheat flour, buttermilk, enriched bleached wheat flour (wheat flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), palm oil, skim milk, leavening (sodium aluminum phosphate, baking soda), maltodextrin, contains less than 2% of the following: potassium chloride, sugar, water, modified cornstarch, rice flour, soybean oil, artificial flavor, salt, datem, mono & diglycerides, soy lecithin	X		X	X			
Bread, Whole Grain	Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Bread, Gluten Free	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 (glucono Delta Lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D							
Cornbread	Whole grain cornmeal, whole wheat flour, sugar, liquid eggs (whole eggs, citric acid, 0.15% water added as carrier for citric acid, citric acid added to preserve color), whole milk, canola oil, baking powder, salt		X	X	X			
English Muffin, Honey Wheat	Unbleached enriched wheat flour (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (B1), riboflavin (B2), folic acid, water, whole wheat flour, modified food starch, farina, wheat gluten, polydextrose, honey, yeast, sugar, salt, preservatives (calcium propionate, sorbic acid) soybean oil, malt, monoglycerides, natural flavor, xanthan gum, acesulfame potassium sucralose, whey, soy flour, non-fat milk	X		X	X			
English Muffin, Whole Grain	Whole wheat flour, water, farina, wheat gluten, yeast, salt, perservatives (calcium propionate, sorbic acid), sugar, grain vinegar, sodium stearoyl lactylate, natural flavor (contains milk), mono- and diglycerides, ethoxylated mono- and diglycerides, soy lecithin, soy, sucralose, whey	X		X	X			
Hamburger Bun, Whole Grain	Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Hamburger Bun, Gluten Free	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 (glucono delta lactone, calcium carbonate & magnesium carbonate). Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid, and vitamin D							
Kid Bun	Unbleached, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, sugar, yeast, contains 2% or less of the following: wheat gluten, soybean oil, salt, cultured wheat flour, monocalcium phosphate, sodium stearoyl lactylate, monoglycerides, flaxseed, maltodextrin, wheat starch, DATEM, calcium sulfate	X		X				

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
Pita Bread, Flour	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, contains 2% or less of: yeast, salt, sugar, vital wheat gluten, soybean oil and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono and diglycerides, and enzymes), baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearyl lactylate, calcium propionate and potassium sorbate	X		X				
Pita Bread, Whole Grain	Whole wheat flour, water, unbleached unbromated enriched flour (Niacin, thiamin, reduced iron, riboflavin, folic acid), soybean oil. Contains 2% or less of: Calcium propionate, caramel color, dextrose, fumaric acid, guar gum, lactic acid, maltodextrin, monocalcium phosphate, natural flavors, salt, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein, concentrate sugar, vegetable l-cysteine, vegetable mono diglycerides, wheat enzymes), wheat gluten, yeast	X		X				X
Pita, Whole Grain, Pizza	Whole wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola oil, sugar, salt, yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), cultured wheat, calcium propionate			X				
Pizza Dough, Whole Grain	Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Roll, Whole Grain	Water, Whole Wheat Flour, Enriched (Wheat Flour), Canola Oil, Potato Flour, Natural Starter, Sugar, Yeast, Sea Salt, Dough Conditioner (Wheat Flour, Ascorbic Acid, Enzymes).			X				
Tortilla, Corn	Corn, water, and lime (calcium hydroxide)							
Tortilla, Flour	Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (palm oil with monoglycerides), sugar, salt, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate, fumaric acid, mono and diglycerides, calcium propionate			X				
Tortilla, Whole Grain	Whole wheat flour, water, unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable shortening (palm oil with monoglycerides), sugar, honey, sodium bicarbonate, sodium aluminum phosphate, potassium sorbate (a preservative), mono and diglycerides, fumaric acid, calcium propionate (a preservative), salt, dough conditioner (sodium metabisulfite)			X				
Waffle, Gluten Free	Water, Van's gluten free mix (brown rice flour, potato starch, rice flour, soy flour), non-GMO expeller pressed canola oil, baking powder (sodium acid pyrophosphate, baking soda, rice flour, monocalcium phosphate), Van's natural fruit juice blend (pineapple, peach, and pear juice concentrates), sea salt, guar gum, soy lecithin	X						
Waffle, Whole Grain	Water, Whole Grain Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Milk Solids, Eggs, Less than 2%: Soy Lecithin, Wheat Bran, Sodium Acid Pyrophosphate, Salt, Baking Soda, Monocalcium Phosphate.	X	X	X	X			

Bread Ingredients		Allergens						
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish	Sesame
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