<table>
<thead>
<tr>
<th>Category</th>
<th>Menu Item</th>
<th>Ingredients</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accompaniments</td>
<td>1000 Island Dressing</td>
<td>Soybean Oil, (soybean oil, artificial flavor, artificial color, citric acid to protect flavor), Water, High Fructose Corn Syrup, Vinegar, Pickles, Egg Yolk, Tomato Paste (Tomato paste, salt, citric acid), Salt, Corn Syrup, Contains less than 2% of Xanthan Gum, Spice, Onion*, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA (preservatives), Peppers*, Oleoresin Paprika, Turmeric, Natural Flavor, &quot;Dried. Contains: Egg</td>
<td>Soy, Egg</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>A-1 Sauce</td>
<td>water, tomato paste (tomato paste, salt, citric acid), distilled vinegar, corn syrup, salt, rasiin paste, spices and herbs, crushed orange pumce, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (to preserve freshness), xanthan gum</td>
<td>Soy</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>American Cheese Slices</td>
<td>cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apocynum and bella carotene (color), acetic acid, enzymes, cellulose (food fibers)</td>
<td>Milk, Soy</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>American Iocy Vegan Cheese</td>
<td>soy beverage (filtered water, GMO-Free isolated Soy Protein, Soy milk solids, Calcium Sulphate), Maltodextrin, Corn Starch, Carrageenan (a natural seaweed fiber), Natural Vegetable Locust Bean Gum, Salt, Soy lecithin, Citric Acid, Natural Flavors (no MSG), and Natural Annato Color.</td>
<td>Soy</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Apple Wedges</td>
<td>red delicious apples</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Asparagus Cheese</td>
<td>cultured milk, enzymes, salt, cellulose to prevent caking, natamycin to protect flavor</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Asian Dipping Sauce</td>
<td>yellow onion, white wine, sugar, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), mustard spice, salt, canola oil</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Baked Apple Slices</td>
<td>frozen apple slices, brown sugar, salt, nutmeg, cinnamon</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Balsamic Vinegrette</td>
<td>grey poupon dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), balsamic vinegar (wine vinegar, cooked and concentrated grape must, coloring, caramel), red wine vinegar (Distilled vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1), garlic, salt, cracked black pepper, granulated sugar, canola/olive oil blend (80% Canola Oil, 20% Extra Virgin Olive Oil)</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Balsamic Vinegar</td>
<td>wine vinegar, cooked and concentrated grape must, coloring: caramel</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Basil Garlic Hummus</td>
<td>garlic, canola olive blend, basil, garlic, olive beans, water, lemon juice, sesame tahini paste, spice salt koshar</td>
<td>Seeds</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>BBQ Sauce</td>
<td>Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, spice extractives), natural smoke flavor, mustard flour, caramel color, dired onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xanthan gum, red pepper</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Black Bean Salsa</td>
<td>black beans, green chilis, red peppers, green peppers, orange zest, lime juice, garlic, cilantro, marjoram leaves</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Blueberry Cream Cheese</td>
<td>Cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), blueberry topping (Blueberries, high fructose corn syrup, water, modified food starch, natural flavors, citric acid, sodium benzoate - a preservative and artificial color (blue 1))</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Blue Cheese Crumbles</td>
<td>Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor.</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Blue Cheese Bressing</td>
<td>Blue cheese (pasteurized milk, cheese cultures (wheat), salt, enzymes), powdered cellulose to prevent caking, natamycin to protect flavor, mayonnaise (soybean Oil, Water, Corn Syrup, Egg Yolks, Modified and Cider Vinegar, Salt, Spices, and Calcium Disodium EDTA (added to protect flavor)), sour cream (Pasteurized milk, cream, whey, modified corn starch, sodium phosphate, gua gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)).</td>
<td>Milk, Wheat, Egg, Soy</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Broccoli Florets</td>
<td>broccoli</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Butter Middles</td>
<td>Cream, Salt</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Caesar Dressing</td>
<td>garlic, sugar, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dehydro, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)</td>
<td>Soy, Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Carrots</td>
<td>carrots</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cheese Whiz</td>
<td>Whey, milk, canola oil, whey protein concentrate, sodium phosphate, maltodextrin, contains less than 2% of milk protein concentration, salt, lactic acid, sodium alginate, mustard flour, worcestershire sauce, vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, tamarind, natural flavor), sorbic acid as a preservative, milkfat, oleoresin paprika (color), annatto (color), enzymes, cheese culture.</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Chives</td>
<td>Chives</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Chopped Green Onion</td>
<td>green onions</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Chopped Onions</td>
<td>yellow onions</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Chopped Tomatoes</td>
<td>tomatoes</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cinnamon Sugar</td>
<td>sugar, cinnamon</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cocktail Sauce</td>
<td>Water, Horseradish (Horseradish, Water, Vinegar, Salt, Natural Flavoring), Tomato Paste (Tomato paste, salt, citric acid), Sugar, Vinegar, Lemon Juice, Hot Sauce (Aged Habanero Peppers, Carrots, Onions, Vinegar, Garlic, Lime Juice, Salt), Salt, Beef Powder (for color)</td>
<td>Soy, Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cool Sesame Cucumber</td>
<td>cucumbers, soy sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), sesame oil, sesame seeds, mint, koshar salt, sugar</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Collage Cheese Lowfat</td>
<td>Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophils and Bifidus Cultures, Vitamin A Palminate, Enzymes.</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cranberry Sauce</td>
<td>Cranberry Jelly sauce</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cream Cheese (Apple Cinnamon)</td>
<td>Cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), apple topping (apple apple, apple juice, sugar, salt, clear gel, cinnamon, nutmeg), cinnamon cream</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Cream Cheese (Garden Vegetable)</td>
<td>cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum), broccoli, carrots, parsley, garlic, onions, salt, black pepper</td>
<td>Milk</td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Ingredients</td>
<td>Allergens</td>
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<tr>
<td>Cream Cheese (Craberry)</td>
<td>cream cheese (pasteurized milk and cream, cheese culture, salt, crab and/or crab meat and/or gua gum), dried crab, water, white pepper</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese</td>
<td>cream cheese (pasteurized milk and cream, cheese culture, salt, crab and/or crab meat and/or gua gum), strawberry</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Cream Cheese, individual packet</td>
<td>Plasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or gua gums)</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Creamy Peanut Butter</td>
<td>Roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides and salt.</td>
<td>Peanut, Soy</td>
<td></td>
</tr>
<tr>
<td>Crunchy Peanut Butter</td>
<td>Roasted peanuts and sugar, contains 2% or less of: molasses, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soybean), mono- and diglycerides and salt.</td>
<td>Peanut, Soy</td>
<td></td>
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<tr>
<td>Cucumber</td>
<td>Cucumber</td>
<td></td>
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<tr>
<td>Cucumber Vinagrette</td>
<td>cucumber, garlic, dill, canola oil, pepper, sugar, salt</td>
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<tr>
<td>Dannon Fat Free Plain Yogurt</td>
<td>Cultured grade A milk, Contains active yogurt cultures including L. acidophilus.</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Dannon Low Fat Vanilla Yogurt</td>
<td>Cultured grade A reduced fat milk, sugar, natural vanilla flavor, pectin. Contains active yogurt cultures including L. acidophilus.</td>
<td>Milk</td>
<td></td>
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<tr>
<td>Dijon Mustard</td>
<td>Water, vinegar, mustard seed, white wine, fruit, pepper, citric acid, tartaric acid, sugar, spice.</td>
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<tr>
<td>Dill Pickle Chips</td>
<td>fresh cucumbers, water, vinegar, salt, spices, garlic, calcium chloride, sodium benzoate, FD&amp;C yellow #5, polysorbate 80.</td>
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<tr>
<td>Dried Cherry Vinagrette</td>
<td>red wine vinegar, dried cherry, salt, pepper, sugar, balsamic vinegar, basil, olive oil,</td>
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<tr>
<td>Falafel Relish</td>
<td>tomatoes, green peppers, cucumbers, salt, black pepper, cayenne pepper, fresh lemon juice, granulated sugar, canola/olive oil (80% Canola Oil, 20% Extra Virgin Olive Oil), mint, parsley</td>
<td>Seeds</td>
<td></td>
</tr>
<tr>
<td>Falafel Sauce</td>
<td>garlic, salt, fresh lemon juice, sesame tahini, parsley, dried dill weed, ground coriander, canola/olive oil blend (80% Canola Oil, 20% Extra Virgin Olive Oil), black pepper, cayenne pepper</td>
<td>Seeds</td>
<td></td>
</tr>
<tr>
<td>Fat Free Raspberry Vinagrette Dressing</td>
<td>Water, High Fructose Corn Syrup, Cider Vinegar, Raspberry Juice Concentrate, Contains less than 2% of Lemon Juice Concentrate, Salt, Vinegar, Cucumber Juice, Xanthan Gum, Sodium Benzoate and Potassium Sorbate (preservatives), Phosphoric Acid, Propylene Glycol Alginic Acid, Natural and Artificial Flavor.</td>
<td>Egg, Milk, Soy, Alcohol, Seeds</td>
<td></td>
</tr>
<tr>
<td>Fat Free Honey Dijon Dressing</td>
<td>Water, high fructose corn syrup, cider vinegar, sugar, dijon mustard (water, mustard seed, distilled vinegar, salt, white wine, spices), modified food starch, honey, distilled vinegar, contains less than 2% of spice, salt, bran, sodium benzoate, potassium sorbate and calcium disodium EDTA (preservative, lactic acid, onion, natural and artificial colors, lemon juice extract, xanthan gum, egg yolk, natural flavor, garlic.</td>
<td>Egg, Milk, Soy, Alcohol, Seeds</td>
<td></td>
</tr>
<tr>
<td>Fat Free Ranch Dressing</td>
<td>Water, Mallasshin, Vinegar, Sugar, Corn Syrup, Salt, Contains less than 2% of Modified Food Starch, Sweet Cream (sweet cream solids, lactoferm and tocopherols), Culttose Gel and Celltose Gum, Artificial Color, Garlic*, Onion*, Cultured Buttermilk*, Autolyzed Yeast Extract, Xanthan Gum, Natural Flavor, Sodium Benzoate and Potassium Sorbate (preservative), Lactic and Phosphoric Acids, Spice, Disodium Inosinate, Disodium Guanylate.</td>
<td>Egg, Milk, Soy, Alcohol, Seeds</td>
<td></td>
</tr>
<tr>
<td>Fat Free Sun Dried Tomato Basil Dressing</td>
<td>Tomato concentrate, relish, tomato paste, High Fructose Corn Syrup, Red Wine Vinegar (distilled vinegar diluted to 5% Acidity, Natural Flavor, Red #40, Blue #1, Sugar, Water, Sun dried Tomatoes (sun dried tomatoes, sulfur dioxide retained color), Contains less than 2% of Vinegar, Salt, Natural Flavor, Xanthan Gum, Spice, Garlic*, Basil*, Potassium Sorbate and Sodium Benzoate (preservatives), Oleoresin Paprika.</td>
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<tr>
<td>Feta Cheese</td>
<td>Pasteurized milk, salt, cheese cultures, enzymes</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Florentine Dressing</td>
<td>Soybean Oil, Water, Vinegar, Salt, Sugar, Spice, Autolyzed Yeast Extract, Propylene Glycol Alginic Acid, Natural Flavor, Lemon Juice Concentrate, Xanthan Gum, Onion*, Calcium Disodium EDTA (to protect flavor)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Fresh Pineapple Salsa</td>
<td>pineapple, red onion, red peppers, jalapeño peppers, sugar, lime juice, mint, Italian parsley, extra virgin olive oil, black pepper, salt</td>
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</tr>
<tr>
<td>Garden Vegetable Cream Cheese</td>
<td>cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), brussels sprouts, carrots, parsley, garlic, yellow onions, salt, black pepper</td>
<td>Seeds</td>
<td></td>
</tr>
<tr>
<td>Garlic Butter</td>
<td>unsalted butter (cream), garlic powder</td>
<td>Milk</td>
<td></td>
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<tr>
<td>Garlic Butter Croutons</td>
<td>white bread (Enriched wheat flour, barley malt, milic, rice, thamin mononitrite, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less, salt, sugar, sodium dihydrate (sodium stearonyl lactate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium peroxide, yeast nutrients (calcium sulfate, ammonium chloride), corn starch, calcium propionate (mold inhibitor), butter, garlic</td>
<td>Wheat, Soy, Milk, Alchohol, Seeds</td>
<td></td>
</tr>
<tr>
<td>Garlic Sauce</td>
<td>garlic, lemon juice, salt, canola oil</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Grape Jelly</td>
<td>Grape Juice and Grape Juice Concentrate, High Fructose Corn Syrup, Corn Syrup, Fruit Peclin, Citric Acid, Sodium Citrate.</td>
<td></td>
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<tr>
<td>Great Dressing</td>
<td>Corn oil, canola/olive oil, red wine vinegar, garlic, dried oregano, basil leaves, granulated sugar, salt, lemons, black pepper, westercoirnshire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Gyos Sauce</td>
<td>cucumbers, sour cream (Cultured milk, cream, modified corn starch, sodium phosphate, gua gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), salt, black pepper, garlic powder, whole dill leaves</td>
<td>Milk</td>
<td></td>
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<tr>
<td>Herb Butter</td>
<td>butter, basil, thyme, black pepper</td>
<td>Milk</td>
<td></td>
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<tr>
<td>Herbed Oyster Crackers</td>
<td>oyster cracker (Enriched flour (wheat flour, bacon, rice, reduced iron, thiamin mononitrite [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, contains two percent or less of flavoring (monocarboxylate phosphate, baking soda, sodium acid pyrophosphate), sugar, salt, malt extract, soy lecithin, unsalted butter (cream), rosemary, thyme</td>
<td>Wheat, Soy, Milk, Alcohol, Seeds</td>
<td></td>
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<tr>
<td>Hoisin Sauce</td>
<td>sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, FD&amp;C Red color #40</td>
<td>Soy, Wheat, Seeds</td>
<td></td>
</tr>
<tr>
<td>Homemade Salsa</td>
<td>tomato paste, yellow onions, green chilies, cilantro, cayenne pepper, salt, cinnamon, sugar, lime juice, curcemin</td>
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<tr>
<td>Honey Butter</td>
<td>butter, honey</td>
<td>Milk</td>
<td></td>
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<tr>
<td>Honey Dipon Sauce</td>
<td>mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor), dijon mustard (Water, vinegar, mustard seed, white wine, fruit, pepper, citric acid, tartaric acid, sugar, spice), cooking sherry, sour cream (Cultured milk, cream, modified corn starch, sodium phosphate, gua gum, carrageenan, carob bean gum and potassium sorbate (maintains freshness)), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), honey</td>
<td>Egg, Soy, Milk, Alcohol, Seeds</td>
<td></td>
</tr>
<tr>
<td>Horseradish Sauce</td>
<td>mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor), garlic powder, onion powder, seasoned salt, horseradish</td>
<td>Egg, Soy, Milk, Alcohol, Seeds</td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Hot Bacon Dressing</td>
<td>Soy</td>
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<td></td>
<td>garlic, canola olive oil, garlic, chili pepper, onion, tomato, jalapeno, oregano,</td>
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<td></td>
<td>dill, salt, pepper, sugar, water, vinegar, ketchup, oil, melted butter.</td>
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<tr>
<td>Accompaniments</td>
<td>Hummus</td>
<td>Seeds</td>
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<tr>
<td></td>
<td>tomato paste, onion, jalapeno, pepper, red pepper, salt.</td>
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<tr>
<td>Accompaniments</td>
<td>Italian Dressing</td>
<td>Soy</td>
<td></td>
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<tr>
<td></td>
<td>Soybean Oil, Water, Vinegar, High Fructose Corn Syrup, Salt, Contains less than 2%</td>
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<td></td>
<td>of Garlic, Onion, Bell Pepper, Spice, Xanthan Gum, Calcium Disodium EDTA (to protect flavor), Caramel Color, Dextrose.</td>
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<tr>
<td>Accompaniments</td>
<td>Jalapeno Peppers</td>
<td>Soy</td>
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<tr>
<td></td>
<td>Jalapeno Peppers, Water, Salt, Vinegar, spices.</td>
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<tr>
<td>Accompaniments</td>
<td>Ketchup</td>
<td></td>
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<tr>
<td></td>
<td>Tomato concentrate (water and tomato paste), high fructose corn syrup, com syrup,</td>
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<td></td>
<td>vinegar, salt, onion powder, spice.</td>
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<tr>
<td>Accompaniments</td>
<td>Ketchup, individual packet</td>
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<tr>
<td></td>
<td>Tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose</td>
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<td></td>
<td>corn syrup, com syrup, salt, onion powder, spice, natural flavoring.</td>
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<tr>
<td>Accompaniments</td>
<td>Kim Chi</td>
<td>Fish</td>
<td></td>
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<tr>
<td></td>
<td>Chinese cabbage, onion, ginger, scallion, red pepper, salt.</td>
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<tr>
<td>Accompaniments</td>
<td>Le Fleur House Dressing</td>
<td>Soy</td>
<td></td>
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<tr>
<td></td>
<td>Soybean Oil, High Fructose Corn Syrup, Vinegar, Corn Syrup, Salt, Sugar, Water,</td>
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<td></td>
<td>Contains less than 2% of Spice, Polyose 66, Worcestershire Sauce (Distilled Vinegar, Maltoses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind and Natural Flavors), Natural Flavors, Citric Acid, Caramel Color, Calcium Disodium EDTA (to protect flavor)</td>
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<tr>
<td>Accompaniments</td>
<td>Lemon Wedges</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>lemons</td>
<td></td>
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</tr>
<tr>
<td>Accompaniments</td>
<td>Lite Cream Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>xanthan and/or guar gums)</td>
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<tr>
<td>Accompaniments</td>
<td>Lite Cream Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PASTEURIZED MILK AND CREAM, CHEESE CULTURES, SALT, STABILIZERS (CAROB BEAN AND/OR</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>XANTHAN AND/OR GUAR GUMS)</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Lite Kielan Dressing</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water, Distilled Vinegar, High Fructose Corn Syrup, Soybean Oil, Salt, Contains</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>less than 2% Xanthan Gum, Defatted Garlic and Onion, Propylene Glycol Aminate, Potassium Sorbate as a preservative, Spices, Defatted Red Bell Pepper. Caramel Color, Calcium Disodium EDTA added to protect flavor, Yellow 5 &amp; 6.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Lite Kielan Dressing, individual packet</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Water, distilled vinegar, high fructose corn syrup, soybean oil, salt, contains</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>less than 2% xanthan gum, defatted garlic and onion, propylene glycol aminate, pot</td>
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<tr>
<td></td>
<td>assium sorbate as a preservative, spicess, defatted red bell pepper, caramel color,</td>
<td></td>
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<tr>
<td></td>
<td>calcium disodium EDTA added to protect flavor, yellow 5 &amp; 6.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mango Salsa</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mango, lime juice, chili, jalapeno peppers, red onions, chili paste, salt, green</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>onions</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Maple Vinegrette</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>syrup, sugar, apple cider vinegar, black pepper, salt, sage, corn oil.</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Margarine Reddies</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>liquid soybean oil and partially hydrogenated soybean oil, water, salt, vegetable</td>
<td></td>
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<tr>
<td></td>
<td>mono and diglycerides, soy lecithin, citric acid and potassium sorbate added as</td>
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<tr>
<td></td>
<td>preservatives, Vitamin A palminate, colored with beta carotene, artificially</td>
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</tr>
<tr>
<td></td>
<td>flavored</td>
<td></td>
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</tr>
<tr>
<td>Accompaniments</td>
<td>Mayonnaise</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mayonnaise, individual packet</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>soybean oil, water, corn syrup, egg, vinegar, contains less than 2% of salt, spice,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>xanthan gum, sugar, sodium benzoate and calcium disodium EDTA (preservatives), phosphoric acid.</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Mid Salsa</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomato puree (water, tomato paste), diced tomatoes in juice, green chile peppers,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>onions, vinegar, salt, spice, potassium sorbate, xanthan gum, citric acid, calcium chloride</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mole with Almond Sauce</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annatto extracts)).), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), almonds, raisins, seeds, garlic, cloves, coriander, fennel, salt</td>
<td>Seeds, Tree Nuts, Milk, Wheat</td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Monterey Jack Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mozzarella Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CULTURED PASTEURIZED MILK, ENZYMES, SALT.</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Muenter Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES AND ANNATTO COLOR.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mustard</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Crushed red bell pepper, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind and</td>
<td></td>
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<tr>
<td></td>
<td>Natural Flavors, Natural Flavors, Citric Acid, Caramel Color, Calcium Disodium</td>
<td>Seeds</td>
<td></td>
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<tr>
<td></td>
<td>EDTA (to protect flavor)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Mustard, individual packet</td>
<td>Seeds</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mustard seed, salt, Turmeric (Color), Paprika, Spice.</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Pepper Jack Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURES, SALT, CALCIUM CHLORIDE,</td>
<td></td>
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<tr>
<td></td>
<td>ENZYMES.</td>
<td></td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Pesto Mayonaisse</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>CULTURED PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES.</td>
<td></td>
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<tr>
<td></td>
<td>PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES.</td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Philippe Maison Dressing</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soybean Oil, Water, White Wine Vinegar, Salt, Garlic, Contains less than 2% of Sugar, Spice, Monosodium Glutamate, Propylene Glycol Aminate, Xanthan Gum, Lemon Juice Concentrate, Onion, Calcium Disodium EDTA (to protect flavor).</td>
<td></td>
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<tr>
<td>Accompaniments</td>
<td>Pizza Sauce</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>tomato sauce (tomato paste (tomato paste, salt, citric acid), water), salt,</td>
<td></td>
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<tr>
<td></td>
<td>dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell</td>
<td></td>
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<tr>
<td></td>
<td>pepper, crushed tomatoes, tomato puree, whole oregano leaves, garlic, ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fennel, black pepper, sugar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Poppy Seed Dressing</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soybean Oil, High Fructose Corn Syrup, Water, Cider Vinegar, Vinegar, Egg Yolk,</td>
<td>Seeds, Egg, Tree Nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Contains less than 2% of Poppy Seed, Spice, Xanthan Gum, Onion, Sodium Benzoate, Potassium Sorbate and Calcium Disodium EDTA (preservatives), Polysorbate 60.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Powdered Sugar</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sugar, spices</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Provolone Cheese</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td></td>
<td>PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Winter Ingredients List 2010</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accompaniments</td>
<td>Description</td>
<td>Ingredients</td>
<td></td>
</tr>
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<td>-------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Ranch Dip</td>
<td>Ranch dressing mix (Salt, monosodium glutamate, maltodextrin, dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, buttermilk), sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum)</td>
<td>Milk, Soy</td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing</td>
<td>Vegetable oil (soybean oil and/or canola oil), buttermilk, water, distilled vinegar, sugar, egg yolk, salt, garlic juice, contains 2% or less of: dried onion, dried garlic, natural flavor, lactic acid, xanthan gum, lemon juice concentrate, chives.</td>
<td>Egg, Milk, Soy</td>
<td></td>
</tr>
<tr>
<td>Ranch Dressing, individual packet</td>
<td>Vegetable Oil (Soybean Oil And/OR Canola Oil), Buttermilk, Water, Distilled Vinegar, Sugar, Egg Yolk, Salt, Garlic Juice, Contains 2% Or Less Of: Onion, Garlic, Natural Flavor, Lactic Acid, Xanthan Gum, Lemon Juice Concentrate, Chives, Spices.</td>
<td>Egg, Milk, Soy</td>
<td></td>
</tr>
<tr>
<td>Raspberry Vinaigrette Dressing</td>
<td>white vinegar, frozen red raspberries, basil, shalot, garlic, sugar, salt, black pepper, canola/olive oil</td>
<td>Alcohol</td>
<td></td>
</tr>
<tr>
<td>Red Wine Vinegar</td>
<td>Distilled wine vinegar diluted to 5% Acidity, Natural Flavor, Red 40, Blue 1.</td>
<td>Alcohol</td>
<td></td>
</tr>
<tr>
<td>Roasted Red Pepper Hummus</td>
<td>red peppers, garlic, canola olive oil, canola, sandwich, garlic, pretzels, mustard, garlic powder, paprika, spice, natural flavors</td>
<td>Seeds</td>
<td></td>
</tr>
<tr>
<td>Russian Dressing</td>
<td>Corn Syrup, Tomato Paste (Water, Tomato Paste), Soybean Oil, Sugar, Distilled Vinegar, Salt, Maltodextrin (Corn, Wheat), Spices, Beet Juice (Color), Astilolized Yeast Extract, Natural Flavors, Dehydrated Garlic, Xanthan Gum, Dehydrated Onion, Potassium Sorbate and Calcium Disodium EDTA Used to Protect Quality, Dehydrated Apple Puree, Dehydrated Orange and Lemon Juice, Paprika</td>
<td>Wheat, Soy</td>
<td></td>
</tr>
<tr>
<td>Salad Dressing Whipped</td>
<td>Canola oil, water, egg yolks, vinegar (distilled corn, apple cider), salt, sugar, modified corn starch, mustard flour, garlic powder, paprika, spice, natural flavors</td>
<td>Egg</td>
<td></td>
</tr>
<tr>
<td>salsa Verde</td>
<td>garlic, cilantro, parsley, white wine vinegar, roma tomatos, dried oregano, canola/olive oil blend (Canola Oil, 20% Extra Virgin Olive Oil), salt, green onions, water</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>bananas (or pack)</td>
<td>caramel sauce (Iced Sour Cream, Water, High Fructose Corn Syrup, Maltodextrin, Modified Food Starch, Locust Bean gum (Xanthan B1), Acetate, Distilled Vinegar, Spice, Food Acid), Soybean Oil, Salt, High Fructose Corn Syrup, Partially Hydrogenated Cottonseed Oil, Maltodextrin, Partially Hydrogenated Cottonseed Oil, Malt Barley Flour, Baking Soda, Vegetable Monoglycerides, Emulsifier)</td>
<td>Soy, Seeds, Wheat</td>
<td></td>
</tr>
<tr>
<td>Sauerkrat</td>
<td>sauerkrat, water, salt</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>green peppers, yellow onions, canola/olive oil 80% (Canola Oil, 20% Extra Virgin Olive Oil)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Shredded Mushrooms</td>
<td>mushrooms, white free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially colored with beta-carotene. Vitamin A palmitate added)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Shredded Cheddar Cheese</td>
<td>Pasteurized part skim milk, cheese cultures, salt, enzymes, annatto and powdered cellulose</td>
<td>Milk, gluten Free</td>
<td></td>
</tr>
<tr>
<td>Shredded Cheddar Cheese</td>
<td>head lettuce</td>
<td>Milk, gluten Free</td>
<td></td>
</tr>
<tr>
<td>Shredded Mixed Cheese Blend</td>
<td>Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto. Cellulose added to prevent caking.</td>
<td>Milk, gluten Free</td>
<td></td>
</tr>
<tr>
<td>Shredded American Cheese</td>
<td>Cultured milk and milk fat, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apro canolinal and beta carotene (color), acetic acid, enzymes, lecithin (soy)</td>
<td>Soy, milk</td>
<td></td>
</tr>
<tr>
<td>Sliced Black Olives</td>
<td>ripe Olives, Water, Salt, Ferrous Gluconate.</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Sliced Cheddar Cheese</td>
<td>Pasteurized milk, salt, enzymes, annatto.</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Sliced Cheddar Cheese</td>
<td></td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Sliced Orions</td>
<td>yellow onions</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Smoked Salmon Cream Cheese</td>
<td>smoked salmon, cream cheese (pasteurized milk and cream, cream cheese culture, salt, xanthan and/or canola bean and/or Guar gum), green onions, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), salt, black pepper, parsley</td>
<td>Milk, Fish</td>
<td></td>
</tr>
<tr>
<td>Sour Cream</td>
<td>Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, canola bean gum and potassium sorbate (maintains freshness).</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Soy Sauce</td>
<td>Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative.</td>
<td>Soy, Wheat</td>
<td></td>
</tr>
<tr>
<td>Spicy Soy Garlic Sauce</td>
<td>soy sauce (water, soybeans, wheat, salt, sodium benzoate), rice wine vinegar, green onions, sesame oil, chili paste, granulated sugar, garlic</td>
<td>Soy, Wheat, Seeds</td>
<td></td>
</tr>
<tr>
<td>Stagecoach French Dressing</td>
<td>soybean Oil, High Fructose Corn Syrup, Sugar, Vinegar, Tomato Paste (Tomato paste, salt, citric acid), Water, Corn Vinegar, Salt, Contains less than 2% of Natural Flavor, Egg Yolk, Paprika, Caramel Color, Garlic, spice, Xanthan Gum, Red 40, Calcium Disodium EDTA (to protect flavor).</td>
<td>Soy, Egg</td>
<td></td>
</tr>
<tr>
<td>Strawberry Cream Cheese</td>
<td>cream cheese (pasteurized milk and cream, cheese culture, salt, stabilizers (canola bean and/or xanthan and/or Guar gums)), frozen strawberries</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Strawberry Preserve</td>
<td>strawberries, Corn Syrup, High Fructose Corn Syrup, Sugar, Cucumber Acid, Pectin, Sodium Benzoate</td>
<td>Soy, Wheat</td>
<td></td>
</tr>
<tr>
<td>Sweet and Sour Sauce</td>
<td>High Fructose Corn Syrup, Water, Distilled Vinegar, Pineapple Juice Concentrate, Modified Food Stirch, Mustard (water, distilled vinegar, mustard seed, salt, turmeric, spices), Salt, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic, Sugar, Spices, Tamarind, Natural Flavor), Soybean Oil, Xanthan Gum, Sodium Benzoate and Potassium Sorbate as Preservatives, Spices, Garlic Powder, Extractives of Paprika</td>
<td>Soy, Wheat</td>
<td></td>
</tr>
<tr>
<td>Sweet Pickle Relish</td>
<td>Cucumbers, sugar, vinegar, salt, spices, alum, xanthan gum, sodium benzoate, yellow 4%, polysorbate 80.</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Swiss Cheese</td>
<td>Part skim milk, cheese culture, salt, enzymes.</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>syrups</td>
<td>50% Maple Syrup Blend: 50% Pure Maple Syrup, 45% Pure Cane Syrup</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Taman</td>
<td>Ageed cayenne red peppers, vinegar, water, salt, and garlic powder.</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Tatar Sauce</td>
<td>pirosh, parsley, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor), sweet pickle relish, worcestershire sauce)</td>
<td>Soy, Alcohol</td>
<td></td>
</tr>
<tr>
<td>Tomato Slices</td>
<td>tomatoes</td>
<td>Soy, Alcohol</td>
<td></td>
</tr>
<tr>
<td>Turnip Pickles</td>
<td>turnips, salt, kelp, lemon</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Vietnamese Chili Sauce</td>
<td>tims juice, thai fish sauce (anchovy extract, salt, sugar, water), water, rice wine vinegar, garlic, no garlic sambal sauce, sugar, soy sauce</td>
<td>Fish, Soy, Wheat</td>
<td></td>
</tr>
</tbody>
</table>
Beef Entrees
Pepper Steak
Joy pail sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10% of 1% as a Preservative), vegetable (soy) oil, A-1 steak sauce (Tomato puree (water, tomato paste...), distilled vinegar, corn syrup, salt, less than 2% of natural flavors, corn oil, garlic, canola oil, brown sugar, spices, and herbs, soybean oil, high fructose corn syrup, corn syrup, vinegar, salt, onion powder, spice, and natural flavors), sugar, ginger, black pepper, lemons, garlic, garlic powder, margarum, beef, water, bean sprouts, cornstarch, yellow onions, green pepper, celery, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides, and soy lecithin), Soy sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added, tomatoes

Personal Meal
Lasagna
Cheese lasagna casserole (Cheese Filling: Ricotta Cheese (Whey, Milk, Vinegar, Salt), Water, Mozzarella Cheese (Part Skim Milk, Cheese, Cultures, Salt, Enzymes, Ricotta Cheese), Noodle Meat Casserole added to prevent caking), Modified Corn Starch, Spinach, SALT, SPEICES. Precooked Pasta: Water, Enriched Semolina (Durum Wheat Semolina, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Eggs, White, cheese blend (Pasteurized whole milk, part skim milk, part skim milk, cheese culture, salt, and enzymes. Cellulose added to prevent caking), meat sauce (canola/olive oil blend, onions, garlic, celery, fennel, oregano, basil, bay leaves, ground beef, tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spice, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), diced, tomato, tomato paste, beef stock, salt, sugar, white ground pepper, basil leaves)

Personal Picadillo
Casserole
Long grain rice, ground beef, yellow onions, green peppers, white cooking wine, water, vegetarian chicken base (Vegetable (water, carrots, onions, parsnips, turnips), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavors, corn powder, water, Xanthan gum, soy lecithin, all-purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides, and soy lecithin), Soy sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added, tomatoes

Personal Minata
Cassatera
Ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spices, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), green chilies, tortilla chips (Whole ground corn treated with lime, water, cellulose gum, propionic acid (to preserve freshness), benzoic acid (to preserve freshness), guar gum), Monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes)

Personal Rigo Grande
Casserole
Ground beef, yellow onion, green pepper, garlic, cumin, chili powder, paprika, salt, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spices, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)

Personal Tri Color
Cassatera
Ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spices, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)

Personal Picadillo
Casserole
Ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), tomato sauce (Tomato Concentrate(Tomato Paste, Water), Salt, Spices, Dextrose, Garlic Powder, Onion Powder and Natural Flavors), vegetarian refried beans (Cooked beans, water, salt, vegetable oil (cottonseed) and garlic), tomatoes, green onions, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)

Personal Rigo Grande
Casserole
Ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides, and soy lecithin), Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added, tomatoes

Beef Entrees
Pot Roast w/ Flavory Gravy
Beef roast, boneless chuck, garlic, thyme leaves, salt, black pepper, onions, carrots, celery, water, tomato juice, bay leaves, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes)

Meat Entrees
Blackened Turkey Breast
Ground beef, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto. Vegetable color (if colored)

Meat Entrees
Roast Beef au jus
Beef roast top round trim, garlic, water, beef base (roasted beef, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, corn syrup solids, corn starch, soybean lecithin, partially hydrogenated soybean oil, thiamine hydrochloride, natural flavors, disodium inosinate, disodium guanylate, maltodextrin), worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of natural flavors, white peppercorns, parsley, garlic, soy sauce, salt, thyme, pepper, onion, celery)

Meat Entrees
Roast Petite Beef Tenderloin
Beef shoulder tenderloin, canola olive blend, salt, black pepper
Dinner Rolls
Wheat, Seeds, Soy, Lemon Blueberry
- Wheat, Seeds, Soy, Unbleached high gluten wheat flour (malted barley), water, spices, caraway seed, rye, sugar, salt, yeast, wheat gluten, saccharin, mono- and diglycerides, soy lecithin, thiamin mononitrate, riboflavin, folic acid.

Egg Bagel
Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Poppy seeds, Coloring agent (corn flour, spice and coloring, mono-diglycerides, soya lecithin, natural and artificial flavors), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.

Everything Bagel

Flax & Granola Bread
Stone ground spring whole wheat flour, water, brown sugar, yeast, cracked wheat, flax seed, sesame seed, sunflower kernel, millet seed, salt, wheat gluten, soybean oil, calcium propionate, soy flour, sodium stearyl lactate, guar gum, diacetyl tartric acid esters of mono- and diglycerides, ascorbic acid, acesulfame potassium, ethylhexyl diurenone, mono-diglycerides, polyol ester 60, soya lecithin, sodium propionate, phosphoric acid, corn meal.

Focaccia Bread
Instant dry yeast, water, bread flour, salt, canola/olive oil, yellow commmeal, basil, coarse sea salt.

French Bread
Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), water, yeast, malt, vegetable oil, shortening, salt, skim milk powder and/or whey powder.

French Hoagie Roll
Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: salt, partially hydrogenated soybean oil, comsgar, wheat starch, calcium propionate (a preservative), dough conditioners (dough conditioners (mono & diglycerides, polyol ester 60 soy flour).

French Parisian Baguette
Unbleached Enriched Wheat Flour (Wheat Flour, Malted Barley, niacin, iron, thiamin mononitrate, riboflavin, folic acid), Water, Yeast.

Garlic Bagel
Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Sesame Seeds, Garlic, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.

Garlic Bread
Wheat, Soya, Eggs, Tree Nuts, Milk.

Garlic Cheddar Biscuit
Wheat, Milk, Yeast, Enriched flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Malt, Soybean Oil, Corn Meal.

Hamburger Buns
Enriched Wheat Flour (Enriched wheat flour, water, yeast, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: salt, partially hydrogenated soybean oil, comsgar, wheat starch, calcium propionate (a preservative), dough conditioners (dough conditioners (mono & diglycerides, polyol ester 60 soy flour).

Herb Dinner Rolls
Mixed flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, sugar, dry instant yeast, butter (cream), eggs, water, ketchup sauce, dill, tarragon, basil, garlic, canola/olive oil.

Hoagie Rolls
Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), water, yeast, contains 2% or less of the following: salt, partially hydrogenated soybean oil, comsgar, wheat starch, calcium propionate (a preservative), dough conditioners (dough conditioners (mono & diglycerides, polyol ester 60 soy flour).

Honey Bread
yeast, salt, coriander, cinnamon, cloves, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), egg, honey, butter (cream), milk.

Honey Wheat Bagel
Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Honey, Wheat Bran, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.

Hot Dog Buns
Enriched flour (wheat flour, malted barley flour, enriched rice flour, flour, sugar, yeast, salt, wheat gluten, saccharin, mono- and diglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, acesulfame potassium).

Hush Puppies
Enriched Wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, egg, soybean oil, contains 2% or less of the following: salt, wheat gluten, soy lecithin, monoglycerides, calcium propionate, diacetyl tartrate esters of mono- and diglycerides, acetic acid, potassium sorbate, sodium metabisulfite, sodium benzoate, color added (natural and artificial flavors), Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.

Irish Soda Bread
Butter, sugar, vanilla extract, salt, egg, allpurpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), egg, honey, butter (cream), milk.

Italian Twist Bread
Enriched wheat flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains 2% or less of the following: soybean oil, salt, wheat gluten, yeast, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium propionate (preservatives), yeast nutrients: calcium sulfate, ammonium chloride, corn starch.

Jaezer Roll
White flour, water, rice flour, shortening, active dry yeast, bro-salt, calcium propionate.

Lavash Wheat Bread
Stone ground Whole Wheat Flour, Water, dietary fiber, Wheat gluten, Contains 2% or less of the following: Soybean Satd Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-Diglycerides.

Lavash White Bread
Stone Ground Whole Wheat Flour, Water, Dietary Fiber, Wheat gluten, Contains 2% or less of the following: Soybean Satd Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-Diglycerides.

Lemon Blueberry Bread
Sugar, unsalted butter (cream), egg, lemon, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, milk, blueberries, cinnamon.

Migrant Bagel
Enriched high gluten wheat flour (malted barley), water, spices, caraway seed, rye, sugar, salt, yeast, wheat gluten, dextrose, soybean oil, dough conditioner (molasses, diacetyl tartaric esters of mono- and diglycerides, ascorbic acid monoglycerides, enzyme, l-cysteine, sodium chloride, dough conditioner (l-cysteine).

Margarine Crossant Roll
Enriched flour (wheat flour, malted barley flour, enriched rice flour, flour, sugar, yeast, thiamine mononitrate, riboflavin, folic acid), water, margarine (partially hydrogenated soybean oil, water partially hydrogenated cottonseed oil), soy, sugar lecithin.

Mediterranean Pita
Flour, water, sugar, yeast, salt.

Multigrain Hamburger Buns
Water, enriched flour (flour, malted barley flour, niacin, flour, rye flour, soybean flour, wheat flour, rye flour, whole wheat flour, rye flour, rye flakes, wheat germ, high fructose corn syrup, wheat gluten, soybean oil, brown sugar, contains 2% or less of the following: salt, molasses, yeast food (calcium sulfate, ammonium chloride), corn starch, caramel color, dough conditioner (monoglycerides, sodium stearoyl lactylate, calcium propionate), sodium propionate (preservatives).

Multigrain Hoagie Rolls
Water, enriched flour (flour, malted barley flour, enriched rice flour, flour, rye flour, wheat gluten, rye flour, brick meal, cracked wheat, malted flour, salt, yeast, molasses, soybean oil, brad flour, sunflower seed, rye flakes, sesame seed, rye meal, dough conditioner (dextrose, calcium stearoyl lactate, calcium sulfate, potassium iodate, ascorbic acid, L-cysteine hydrochloride, enzymes, acesulfame potassium, dextrose, tamarind, fumaric acid, monoglycerides, lactic acid, lactic acid).

Multigrain Rolls
<table>
<thead>
<tr>
<th>Breads and Rolls</th>
<th>Item</th>
<th>Ingredients</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onion Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Onions, Sugar, Salt, Poppy Seeds, Black Pepper, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Onion Buns</td>
<td>Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, eggs, contains 2% or less: wheat gluten, yeast, salt, soybean oil, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, vinegar, calcium propionate (mold inhibitor), yeast nutrients (calcium sulfate, ammonium chloride), turmeric, paprika, lecithin, onions and poppy seeds.</td>
<td>Egg, Wheat, Soy, Seeds</td>
<td></td>
</tr>
<tr>
<td>Orange Bread</td>
<td>sugar, oranges, all purpose flour (enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, oranges, egg, unsalted butter, milk</td>
<td>Wheat, Egg, Milk</td>
<td></td>
</tr>
<tr>
<td>Pappadum Bread</td>
<td>Urad dal flour, salt, sodium bicarbonate, edible vegetable oil, and other spices</td>
<td>Wheat</td>
<td></td>
</tr>
<tr>
<td>Peach Bread</td>
<td>sugar, peaches, all purpose flour (enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, baking soda, salt, orange juice, egg, unsalted butter, milk</td>
<td>Wheat, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Pizza Dough - 14&quot;</td>
<td>Unbleached high gluten wheat flour (malted barley), water, sugar, salt (glycerine, yellow prussiate of soda), poppy seeds, yeast, sodium stearoyl lactylate, ascorbic acid, L-cysteine, fungal enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Pizza Dough - Preheated</td>
<td>high gluten wheat flour bleached (enriched), high fructose corn syrup, eggs, contains 2% or less: wheat gluten, yeast, salt, soybean oil, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), corn flour, vinegar, calcium propionate (mold inhibitor), yeast nutrients (calcium sulfate, ammonium chloride), turmeric, paprika, lecithin, onions and poppy seeds.</td>
<td>Wheat, Soy</td>
<td></td>
</tr>
<tr>
<td>Plain Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Soy, Tree Nuts, Eggs, Milk</td>
<td></td>
</tr>
<tr>
<td>Polenta Bread</td>
<td>cornmeal, unsalted butter, garlic, pepper, salt</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>Poppy Bagels</td>
<td>Unbleached High gluten wheat flour (malted barley), water, sugar, salt (glycerine, yellow prussiate of soda), poppy seeds, yeast, sodium stearoyl lactylate, ascorbic acid, L-cysteine, fungal enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Pumpernickel Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Rye Chops, Salt (glycerine, yellow prussiate of soda), Caramel Color, Yeast, Caraway Seeds, Sodium Stearoyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Pumpernickel Bread</td>
<td>Wheat flour, salt, rye flour, ground caraway, dextrose, lactic acid, sodium acetate, canola oil, carrageenan, course rye meal,</td>
<td>Wheat</td>
<td></td>
</tr>
<tr>
<td>Pumpkin Bread</td>
<td>egg, sugar, pumpkin (mold inhibitor), baking powder, baking soda, salt, cloves, cinnamon, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid).</td>
<td>Wheat</td>
<td></td>
</tr>
<tr>
<td>Harvest Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Nuts (sunflower, almond), salt, Creates yellow, prussiate of soda), Yeast, Cinnamon, Sugar, colorant (corn flour, spice and coloring, mono-, diglycerides, soy lecithin, natural and artificial flavors), Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Soy, Seeds, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Salt Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Seeded French Demi Baguette</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Sesame Seeds, Yeast, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Sesame Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Sugar, Salt (glycerine, yellow prussiate of soda), Sesame Seeds, Yeast, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Seeds, Soy, Eggs, Tree Nuts, Milk</td>
<td></td>
</tr>
<tr>
<td>Sesame Breadsticks</td>
<td>Unbleached enriched wheat flour (contains malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sesame seeds, soybean oil, yeast, salt, corn and malt syrup, and dried brewers yeast.</td>
<td>Wheat, Seeds, Soy</td>
<td></td>
</tr>
<tr>
<td>Seeds Bagels</td>
<td>Unbleached enriched wheat flour (contains malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), sesame seeds, soybean oil, yeast, salt, corn and malt syrup.</td>
<td>Wheat, Seeds, Soy</td>
<td></td>
</tr>
<tr>
<td>Seeds Bagels</td>
<td>Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, soybean oil, contains 2% or less: salt, wheat gluten, corn starch, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfate, ammonium chloride), calcium propionate (preservative), sesame seeds.</td>
<td>Wheat, Soy, Seeds</td>
<td></td>
</tr>
<tr>
<td>Shortcake Biscuits</td>
<td>pastry flour, baking powder, salt, sugar, all purpose shortening (partially hydrogenated soybean and cottonseed oils), eggs, 2% milk</td>
<td>Wheat, Milk, Soy, Eggs, Tree Nuts</td>
<td></td>
</tr>
<tr>
<td>Spinach Feta Bagels</td>
<td>Unbleached high gluten flour (malted barley), water, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), spinach, sugar, yeast, salt, yellow prussiate of soda, soybean oil, cottonseed oil, dehydrated minced garlic, dehydrated chopped onions, poppy, L-cysteine.</td>
<td>Milk, Wheat, Soy, Eggs, Tree Nuts</td>
<td></td>
</tr>
<tr>
<td>Steak Buns</td>
<td>White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/48, Pt-25, Calcium Propionate.</td>
<td>Wheat</td>
<td></td>
</tr>
<tr>
<td>Strawberry Bread</td>
<td>strawberries, egg, vegetable oil, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), baking soda, salt, cinnamon, sugar</td>
<td>Egg, Wheat</td>
<td></td>
</tr>
<tr>
<td>Sunflower Seed Bread</td>
<td>Enriched bleached flour (unbleached flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid, water, leavening (yeast, calcium sulfate), sunflower seeds, wheat flakes, barley flakes. Contains 2% or less of: sugar, salt, wheat flour, soybean oil, dried honey, dough conditioners (sodium stearoyl lactylate, ammonium lactate, ascorbic acid, enzymes, potassium lactate, azodicarbonamide), emulsifiers (soy, monoglycerides), sclerosin, paprika, turmeric, guar gum, wheat gluten.</td>
<td>Wheat, Soy</td>
<td></td>
</tr>
<tr>
<td>Sweet Dinner Roll</td>
<td>enriched bleached flour (wheat flour, malted barley flour, niacin, fumaric acid, thiamin mononitrate, riboflavin, folic acid), water, yeast, partially hydrogenated soybean oil, sugar, potato starch. Contains 2% or less of the following: whey (milk), whole eggs, margarine (partially hydrogenated soybean oil, salt, mono-, and diglycerides, soy lecithin, preservative (sodium benzoate), artificial flavor, beta carotene (color), vitamin A succinate), high fructose corn syrup, dextrose, vital wheat gluten, salt, guar gum, sodium stearoyl lactylate, datem, sunflower oil, azodicarbonamide, mono- and diglycerides, wheat starch, acetylstarch potassium, natural and artificial flavor, ascorbic acid, enzymes, L-cysteine.</td>
<td>Wheat, Eggs, Milk, Soy, Seeds</td>
<td></td>
</tr>
<tr>
<td>Tomato Herb Bagel</td>
<td>Unbleached High Gluten Wheat Flour (malted barley), Water, Tomato, Sugar, Salt (glycerine, yellow prussiate of soda), Yeast, Garlic, Onion, Basil, Black Pepper, Sodium Stearyl Lactylate, Ascorbic Acid, L-Cysteine, Fungal Enzymes.</td>
<td>Wheat, Soy, Eggs, Milk, Tree Nuts</td>
<td></td>
</tr>
<tr>
<td>Wheat Parker House Rolls</td>
<td>Enriched flour (malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, high fructose corn syrup, yeast, soybean oil, vital wheat gluten, salt, dough conditioner (sodium stearoyl lactylate, datem, ammonium sulfate, calcium sulfate, ascorbic acid, enzymes, potassium lactate, azodicarbonamide, L-cysteine)</td>
<td>Wheat, Soy</td>
<td></td>
</tr>
</tbody>
</table>
Breakfast Entrees and Meats

Chocolate Chip Pancakes
Pancake mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Yellow Corn Flour, Dextrose, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Sodium Bicarbonate, Monocalcium Phosphate, Corn Syrup Solids, Citric Acid, Corn Starch), eggs, semisweet chocolate chips (Semisweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts)

Cinnamon Swirl French Toast
eggs, 2% milk, orange peel, cinnamon, cinnamon swirl bread (Enriched flour (wheat flour, malted barley flour, rice, iron, thiamine mononitrate, riboflavin & folic acid), water, sugar, brown sugar (sugar, corn syrup), yeast, vegetable shortening carrageenan, carboxymethylcellulose, glycine, propylene glycol and glycerin monoesters, potato flakes, dough conditioner (wheat flour, sugar, sodium stearoyl lactylate (SSL), guar gum, diacetyl tartaric acid esters of mono-and diglycerides (datem), contains 2% or less of: ascorbic acid, acetic acid, calcium propionate, ADA, enzymes, calcium carbonate, soy lecithin), emulsifier (water, mono diglycerides, ethylolated mono-diglycerides, polysorbate 60), contains 2% or less of soy lecithin, calcium propionate (a preservative), salt, FD&C yellow #5 and FD&C yellow #6. Contains soy, wheat), grill soybean oil

Fresh Berry Crepe
cranberries, blueberries, lemon juice, sugar, ricotta, frozen crepe shell (Egg whites, water, wheat flour, malted barley flour, rice, iron, thiamine mononitrate, riboflavin & folic acid), water, sugar, powdered sugar

strawberry Crepe
cottage cheese (Organic Cultured Pasteurized skim milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar gum, Organic Locust Bean Gum, Xanthan Gum, Agar and Bifidus Cultures, Vitamin A Palmitate. Enzymes), cream cheese/Pasteurized milk and cream, cheese culture, salt, stabilizers (carnit bean and/or santhan and/or guar gum), butter, egg, frozen crepe shell (Egg whites, water, wheat flour, malted barley flour, rice, iron, thiamine mononitrate, riboflavin & folic acid), canny topping strapberries, High Fructose Corn Syrup, Sugar, Modified Food Starch, Water, Carrageenan, Artificial Flavors, Sodium Benzoate, Citric Acid, Artificial Color (Red 40)

Egg and Cheese Bagel
egg plan tender's bagel (Enriched flour, bleach wheat flour, malted barley flour, rice, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup. Contains 2% or less of: yeast, salt, vital wheat gluten, soybean oil, mono and diglycerides, dough conditioners (sodium calcium and 1-cysteine), guar gum, yellow corn meal. Contains: wheat, egg, american cheese (Cultured milk and skim milk, water, cream, yellow corn soda, salt, sodium phosphate, citric acid, preservative), artificial flavor, artificial color, lecithin (soy)

Egg and Cheese Biscuit
american cheese (milk, salt, cheese culture enzymes, water, cream, sugar, citrdum, ascorbic acid, soy lecithin, APO carotenal), pork sausage patties, eggs, biscuits (Enriched flour bleached (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, sugar, buttermilk, baking soda, salt, sodium aluminum phosphate, sodium caseinate, datem,afort, milk, whey protein concentrate, sodium phosphate, whey, whey protein isolate, natural flavor. Contains wheat and milk ingredients)

Egg and Cheese Croissant
american cheese, eggs, frozen sliced croissant (Enriched flour, partially hydrogenated soybean oil/cottonseed oil, sugar, yeast, wheat gliuten, egg whites, salt, natural and artificial flavors, butter, nonfat milk, soybean oil, soy oil, flour, sugar, calcium, casein, sugar, ammonium monoxyn, mono and diglycerides, sodium phosphate, dextrose, artificial color, potassium sorbate and citric acid, carrageenan, enzymes, corn starch, vitamin A palmitate, azodicarbonamide, ascorbic acid, calcium phosphate, sodium carbonate)

Eggs Benedict
eggs, canadian bacon (Pork cured with water, sugar, salt, Contains 2% or less of: sodium lactate, sodium phosphates, flavoring, sodium diacetate, sodium nitrite, lactic acid, acetic calcium sulfate), english muffins (Enriched flour, bleached wheat flour, water, yeast, yellow gloem corn meal, yellow corn meal, sugar, milk, molasses, salt, enzyem, calcium pyrophosphate, sodium borate, sodium carbonate, vitamin A palmitate, added for enhancement, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, ground cayenne pepper, lemon juice

Eggs MacMichelle
canadian bacon (Pork cured with water, sugar, salt, Contains 2% or less of: sodium lactate, sodium phosphates, flavoring, sodium diacetate, sodium nitrite, lactic acid, acetic calcium sulfate), american cheese (milk, salt, cheese culture enzymes, water, cream, sugar, citrdum, ascorbic acid, soy lecithin, APO carotenal), eggs, english muffins (Enriched flour, bleached wheat flour, water, yeast, yellow gloem corn meal, yellow corn meal, sugar, milk, molasses, salt, enzyem, calcium pyrophosphate, sodium borate, sodium carbonate, vitamin A palmitate, added for enhancement, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, ground cayenne pepper, lemon juice

Eggs MacMichelle with Sausage
Pork sausage (Pork, water, textured soy flour, salt, distrose, hydrolyzed corn protein, prosci, mono-sodium glutamate, spice extractsives, BHA, BHT, and citric acid), american cheese (Cultured milk and skim milk, water, cream, sodium citrate, salt, sodium phosphate, sorbic acid (preservative), citric acid, annatto, paprika, apo carotenal and beta carotene (color), acetic acid, enzymes, lecithin (soy)), eggs, english muffin (Enriched flour, bleached wheat flour, water, yeast, yellow gloem corn meal, yellow corn meal, sugar, milk, molasses, salt, enzyem, calcium pyrophosphate, sodium borate, sodium carbonate, vitamin A palmitate, added for enhancement, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, ground cayenne pepper, lemon juice

Eggs with Green Onions
eggs (soybean sesame oil, onions, eggs, green onions, dombut broth [help, water, soy sauce (water, soybeans, wheat, salt, sodium benzoate), sugar)

Egg Strips with Green Onions
eggs (2% milk, cinnamon, english muffin, bleached flour, water, yeast, yellow gloem corn meal, molasses, milk, molasses, salt, enzyem, calcium pyrophosphate, sodium borate, sodium carbonate, vitamin A palmitate, added for enhancement, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, ground cayenne pepper, lemon juice

English Muffin French Toast
eggs, frozen hash browns (Potatoes, dextrose, distilled dryhydrogen phophosphate (to maintain natural color), yellow onions, ham, green pepper, cheddar cheese, grill shortening (Soybean Oil, Hydrogenated Soybean Oil), 2% milk, salt

Farmer's Omlet
eggs, 2% milk, chliton vanilla, french bread (Flour, water, yeast, milk, vegetable oil, shortening, salt, skim milk powder and/or whey powder), margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added), added for enhancement, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt

French Toast Sticks
Breakfast Entrees and Meats

French Toast Sticks
breakfast entrees (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Salt, Yeast, Spices, Sodium Stearoyl Lactylate, Calcium Propionate (To Preserve Freshness), Soybean Oil, Water, Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean And/or Canola Oil), Sugar), contains 2% or less of corn starch, dextrose, egg, monocalcium phosphate, and natural and artificial flavors, nonfat milk, salt, sodium bicarbonate, soybean pyrophosphate, whey, yellow corn flour.

Fried Eggs
eggs, grill shortening (Soybean Oil, Hydrogenated Soybean Oil, Soy Lecinthin, Artificial Flavor, Artificial Color, and Dimethylpolysiloxane, an anti-fogging agent added)

Grilled Ham and Eggs
Grilled Ham and Eggs
Grilled Ham

Hard Cooked Eggs
Hard Cooked Eggs

Hard and Soft Cooked Eggs
Egg, Milk, Soy, Wheat

Hamburger Ingredients List 2010

Winter Ingredients List 2010

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

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Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat

Egg, Milk, Soy, Wheat
Breakfast Entrees and Meats

**Restaurants Menu**

**Italian Quiche**
- Pie shells (enriched flour (wheat flour, niacin, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy, dioxin mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), green peppers, garlic, onions, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artifcially flavored. Artifcially colored with beta-carotene. Vitamin A palmitate added), eggs, heavy whipped cream, salt, oregano leaves, basil leaves, cayenne pepper, allspice powder) (Enriched bleached wheat flour (wheat, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mozzarella, tomatoes, butted ham.

**Omelets to Order**
- Eggs, ham, sharp cheddar cheese, mushrooms, tomatoes, potatoes, yellow onions, green peppers

**Breakfast Entrees and Meats**

**Swiss Cheese Quiche**
- Frozen pie shell (enriched flour (wheat flour, niacin, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed oils), water, high fructose corn syrup, salt, soy flour. Contains wheat and soy, dioxin mustard (Water, vinegar, mustard seed, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), green peppers, garlic, onions, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artifcially flavored. Artifcially colored with beta-carotene. Vitamin A palmitate added), eggs, heavy whipped cream, salt, oregano leaves, basil leaves, cayenne pepper, allspice powder) (Enriched bleached wheat flour (wheat, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), mozzarella, tomatoes, butted ham.

**Turkey Sausage Links**
- Turkey, Salt, Flavourings, Sugar, Dextrose, BHA, Propyl Gallate, Citric Acid. In Collagen Casing.
Cakes

Cheesecake
graham cracker (enriched wheat flour, rice, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), sugar, whey free margarine (partially hydrogenated soybean oil, partially hydrogenated cottonseed oil, partially hydrogenated vegetable oil, artificial flavor, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carrageenan bean and/or guar gum), eggs, vanilla, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, lactose bean gum), vinegar.

Cherry Chruslreli Fkak
top cake (sugar, bleached enriched flour (wheat flour, rice, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, artificial flavor (milk), leavening, salt, artificial flavor (milk), xanthan gum, guar gum, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artifically colored with beta carotene. Vitamin A palmitate added).

Chinese Fruit Cake
white cake (sugar, bleached enriched flour (wheat flour, rice, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, artificial flavor (milk), leavening, salt, artificial flavor (milk), xanthan gum, guar gum, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Color added). Artificially colored with beta carotene. Vitamin A palmitate added.

Chocolate Caramel Cake with Walnuts
delicious food cake mix (sugar, enriched bleached flour partially hydrogenated vegetable oil, egg whites and yolks, cocoa processed with alkali), dextrose, leavening, contains <2% modified food starch, natural and artificial flavor, yellow 5, blue 1, soybean lecithin, monoglycerides, xanthan gum, guar gum, mono and diglycerides, salt, emulsifier, caramel, sweetened sunflower, peanut pieces, powdered sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added).

Chocolate Chip Cake
cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, salt, all purpose shortening (partially hydrogenated soybean and cottonseed oils), sugar, 2% milk, vanilla, egg, sauce cream of tartar, semi sweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, artificial flavor - artificial flavor, natural flavor). Made in a facility that also processes peanuts.

Chocolate Chip Cake
graham cracker (enriched wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soy and/or cottonseed oils, sugar, graham flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor), granulated sugar, butter, cream cheese (pasteurized milk and cream, cheese culture, salt, xanthan and/or carrageenan bean and/or guar gum), cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), eggs, condensed milk (concentrated whole milk sugar), chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin - an artificial flavor - natural flavor). Made in a facility that also processes peanuts.

Chocolate Cupcakes
delicious cake mix (sugar, enriched bleached flour partially hydrogenated vegetable oil, egg whites and yolks, cocoa processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, soybean lecithin, monoglycerides, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoc acid (preservatives), artificial color including Yellow 5, soy lecithin). Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, salt, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powered sugar, salt, half & half (Milk, cream, diotophsate).

Chocolate Cake
water, devil’s food cake mix (sugar, bleached enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), partially hydrogenated soybean and cottonseed oils, cocoa processed with alkali), egg whites, dextrose, leavening (sodium bicarbonate, soybean lecithin, monoglycerides, distillied propylene glycol monostearate, sodium stearoyl lactic acid, silicon dioxide, artificial flavor, polydextrose 60, guar gum, xanthan gum, carboxymethylcellulose, sorbitol monobenzoate).

Chocolate Cake
water, salt, vanilla, powdered sugar, semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural and artificial flavoring), vegetable oil, cocoa, corn syrup.

Chocolate Golden Tortes
cake, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), eggs, soy oil, water, egg whites, nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, artificial flavor (milk), leavening, salt, artificial flavor (milk), xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoc acid (preservatives), artificial color including Yellow 5, soy lecithin. Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, salt, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotophsate).

Chocolate Hazelnut Ganache Torte
egg, sugar, cream of tartar, hazelnut, wrapping cream, semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, natural and artificial flavoring), vegetable oil, cocoa, powdered sugar.

Chocolate Iovety Torte
cake, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cicoa (processed with alkali), nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, artificial flavor (milk), leavening, salt, artificial flavor (milk), xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoc acid, soy lecithin. Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, salt, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotophsate).

Chocolate Layer Cake
water, Enriched Flour (Wheat Flour, Wheat, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Coli Syrup, Partially Hydrogenated Soybean And Cottonseed Oils, Soybean Oil, Cocoa (Processed With Alkali), Chocolate Liquor, Contains Less Than 2%: Eggs, Corn Starch, Butter, Leavening (Baking Soda, Sodium Aluminate, Monocalcium Phosphate), Salt, Butter (Cream, Salt), Mono & Diglycerides, Soy Leathrin, Distress, Natural And Artificial Flavorings, Polydextrose, Cellulose Gum, Artificial Color (Blue 1, Red 40, Yellow 6), Propylene Glycol Monoesters, Stearoyl Lactylic Acid, Agar, Guar Gum, Vitamin A Palmitate.

Chocolate Marble Torte
cake, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, sodium aluminum phosphate, propylene glycol esters, artificial flavor (milk), leavening, salt, artificial flavor (milk), xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoc acid, soy lecithin. Frosting: chocolate liquor, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybe lenchin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, half & half (Milk, cream, dipotophsate).

Chocolate Raspberry Torte
chocolate cake (Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosphate, propylene glycol esters, salt, corn syrup, sorbitan monostearate, polydextrose 60, sodium stearoyl lactylate, cellusose gum, artificial flavor, leavening, salt, soy leathrin (liquid soybean oil, partially hydrogenated soybean and cottonseed oils, chocolate liquor, contains 2% or less: soy lecithin, salt, artificial flavor, TBHQ), raspberry filling (Water, sugar, raspberries, modified food starch, contains 2% or less: citric acid, salt, preservatives potassium sorbate, sodium propionate, sodium benzoate), red 40, artificial flavor).

Chocolate Torte
cake, sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa (processed with alkali), nonfat dry milk, food starch-modified, baking soda, sodium aluminum phosphate, propylene glycol esters, salt, corn syrup, sorbitan monostearate, polydextrose 60, sodium stearoyl lactylate, cellusose gum, artificial flavor, leavening, salt, soy leathrin (liquid soybean oil, partially hydrogenated soybean and cottonseed oils, chocolate liquor, contains 2% or less: soy lecithin, salt, artificial flavor), emulsifiers, shortening, salt, vanilla, water, powdered sugar.

Cinnamon Coffee Cake
pastry flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), baking powder, salt, cinnamon, whey free margarine (Partially hydrogenated and fully refined soybean oil, salt, water, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added), 2% milk, egg.
Winter Ingredients List 2010

**Cakes**

- **Cookie Crumble Cheesecake**: Cookie crumb topping (Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated soybean and/or cottonseed oil, cocoas with alkali, contains less than 2 percent or less of high fructose corn syrup, yellow corn flour, and artificial flavors (milk, sugar, whey free flavor)).

- **Devil's Food Cake**: Devil's food cake mix (Sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa processed with alkali, nonfat dry milk, food starch-modified, baking soda, sodium stearoyl lactylate, cellulose, artificial flavor, sodium levulinate, soy lecithin).

- **Double Chocolate Fudge**: Cake: sugar, bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, high fructose corn syrup, egg whites, cocoa processed with alkali, nonfat dry milk, food starch-modified, baking soda, sodium stearoyl lactylate, cellulose, artificial flavor, sodium levulinate, soy lecithin).

- **Cream Cheese**: Cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), egg yolk, sugar, whey, thickeners (xanthan gum, carrageenan, guar gum).

- **Graham Cracker Crust**: Graham cracker crust (enriched bleached flour, sugar, palm oil, salt, leavening, artificial flavor).

- **Golden Lemon Cake**: Golden lemon cake mix (water, concentrated lemon juice, sodium metaphosphate, sodium sulfate, lemon oil, water, yellow cake mix (enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolk leavening (sodium bicarbonate, sodium aluminum phosphate, sodium pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled mono and diglycerides, distilled propylene glycol monostearate, sodium stearoyl lactylate, diacetyl monoxylitol, polysorbate 60, xanthan gum, sugar, carboxymethylcellulose, beta carotene (sorbate monoborate)).

- **Golden Nut Cake**: Golden Nut cake mix (water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolk leavening (sodium bicarbonate, sodium aluminum phosphate, sodium pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled mono and diglycerides, distilled propylene glycol monostearate, sodium stearoyl lactylate, diacetyl monoxylitol, polysorbate 60, xanthan gum, sugar, carboxymethylcellulose, beta carotene (sorbate monoborate)).

- **Key Lime Cheesecake**: Key lime cheesecake (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), artificial color including Yellow 5, soy lecithin).

- **Lemon Cheesecake**: Lemon cheesecake (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated soy and/or cottonseed oil, sugar, grapefruit flavor, honey, molasses, corn syrup, high fructose corn syrup, artificial flavor, leavening, artificial color (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, monoglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemon Cream Cake**: Lemon cream cake mix (water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, water, eggs, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemon Loaf**: Lemon loaf cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate and riboflavin), baking powder, unsalted butter, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)).

- **Lemon Nut Cake**: Lemon Nut cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, water, eggs, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemon Loaf**: Lemon loaf cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate and riboflavin), baking powder, unsalted butter, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)).

- **Lemon Torte**: Lemon cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemonade Cake**: Lemonade cake mix (enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolk leavening (sodium bicarbonate, sodium aluminum phosphate, sodium pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled mono and diglycerides, distilled propylene glycol monostearate, sodium stearoyl lactylate, diacetyl monoxylitol, polysorbate 60, xanthan gum, sugar, carboxymethylcellulose, beta carotene (sorbate monoborate), lemon juice, corn oil, citric acid, powdered sugar, lemonade).

- **Lemon Cream Cake**: Lemon cream cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, water, eggs, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemon Loaf**: Lemon loaf cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate and riboflavin), baking powder, unsalted butter, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla)).

- **Lemon Torte**: Lemon cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, eggs, water, eggs, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).

- **Lemonade Cake**: Lemonade cake mix (enriched bleached flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soy and cottonseed oils, egg whites, egg yolk leavening (sodium bicarbonate, sodium aluminum phosphate, sodium pyrophosphate, monocalcium phosphate), contains 2% or less: soy lecithin, dextrose, nonfat dry milk, modified food starch, mono and diglycerides, salt, corn syrup solids, artificial flavor, distilled mono and diglycerides, distilled propylene glycol monostearate, sodium stearoyl lactylate, diacetyl monoxylitol, polysorbate 60, xanthan gum, sugar, carboxymethylcellulose, beta carotene (sorbate monoborate), lemon juice, corn oil, citric acid, powdered sugar, lemonade).

- **Lemon Cream Cake**: Lemon cream cake mix (enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soy oil, water, eggs, high fructose corn syrup, food starch-modified, salt, baking soda, propylene glycol esters, sodium aluminum phosphate, corn syrup, sorbitan monostearate, natural and artificial flavor (milk), polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate and benzoic acid (preservatives), soy lecithin).
Cakes

**Strawberry Cheesecake**
- Graham cracker crust (enriched wheat flour, niacin, thiamin mononitrate, riboflavin, folic acid, partially hydrogenated soybean oil and/or cottonseed oil, sugar, chocolate, honey, milk, cream, high fructose corn syrup, sour cream, baking powder, salt, artificial flavor, beta carotene, vitamin A palmitate), cream cheese (pasteurized milk and cream, cream cheese, salt, xanthan and/or carrageenan, and/or guar gum), eggs, whole eggs, vanilla extract, strawberry preserves.
- Grain flours (wheat, soy, milk, egg).

**Texas Sheet Cake**
- Cake flour (Enriched flour bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), granulated sugar, cinnamon, baking soda, water, partly hydrogenated soybean oil (water, salt, soybean lecithin, monoglycerides, artificial flavor, beta carotene, vitamin A palmitate), cocoa, sugar, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan), calcium sulfate (locust bean gum), whole eggs, vanilla extract, strawberry preserves.
- Grain flours (wheat, soy, milk, egg).

**Tiramisu Torte**
- White cake (Sugar, Bleached enriched flour (wheat flour, niacin, thiamine mononitrate, riboflavin, folic acid), eggs, Soy Oil, Water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, soybean lecithin, artificial flavor, milk, polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzyl benzoate, soy lecithin (soybean lecithin, emulsifier), dextrose, artificial flavor, whey free margarine (partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Parturized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), coffee, cream, white chocolate chips (sugar, chocolate, milk, soy lecithin, vanillin - an artificial flavor, artificial flavor), made in a facility that also processes peanuts, heavy cream whipping cream (Cream (milk and carrageenan))

**Apple Pie**
- White cake mix (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg white, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate), egg yolk, salt, less than 2%: soy lecithin, dextrin, non-fat dry milk, modified food starch, salt, and mono and diglycerides, corn, sugar, polysorbate 60, annatto and turmeric extracts (color), beta-carotene (color), citric acid, soy, flour)

**Apple Crisp**
- White cake (Sugar, Bleached enriched flour (wheat flour, niacin, thiamine mononitrate and riboflavin for the flour), eggs, Soy Oil, Water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, soybean lecithin, artificial flavor, milk, polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzyl benzoate, soy lecithin (soybean lecithin, emulsifier), dextrose, artificial flavor, whey free margarine (partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavor, beta carotene, vitamin A palmitate), cream cheese (Parturized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), coffee, cream, white chocolate chips (sugar, chocolate, milk, soy lecithin, vanillin - an artificial flavor, artificial flavor), made in a facility that also processes peanuts, heavy cream whipping cream (Cream (milk and carrageenan))

**Walnut Torte Layer Cake**
- White Cake

**Texas Torte**
- White cake (Sugar, Bleached enriched flour (wheat flour, niacin, thiamine mononitrate and riboflavin), eggs, Soy Oil, Water, Egg Whites, Nonfat dry milk, high fructose corn syrup, food starch-modified, salt, baking soda, soybean lecithin, artificial flavor, milk, polysorbate 60, sodium stearoyl lactylate, cellulose gum, xanthan gum, guar gum, mono and diglycerides, sodium benzoate, and benzyl benzoate, soy lecithin (soybean lecithin, emulsifier), dextrose, artificial flavor, whey free margarine (partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Parturized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), coffee, cream, white chocolate chips (sugar, chocolate, milk, soy lecithin, vanillin - an artificial flavor, artificial flavor), made in a facility that also processes peanuts, heavy cream whipping cream (Cream (milk and carrageenan))

**Cakes and Pies**

**Apple Pie**
- Construction: Grain flours (wheat, soy, milk, egg).

**Apple Crisp**
- Construction: Grain flours (wheat, soy, milk, egg).

**Apple Cobbler**
- Construction: Grain flours (wheat, soy, milk, egg).

**Apple Blueberry Cobbler**
- Construction: Grain flours (wheat, soy, milk, egg).

**Banana Cream Pie**
- Construction: Grain flours (wheat, soy, milk, egg).

**Blueberry Cobbler**
- Construction: Grain flours (wheat, soy, milk, egg).

**Caramel Apple**
- Construction: Grain flours (wheat, soy, milk, egg).

**Cayman Lime Pie**
- Construction: Grain flours (wheat, soy, milk, egg).

**Winter Ingredients List 2010**

**Grain Flours**

- Wheat, Soy, Milk, Egg

**Other Ingredients**

- Wheat, Soy, Milk, Egg
<table>
<thead>
<tr>
<th>Cookies and Bars</th>
<th>Ingredients</th>
<th>Allergens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maple Pumpkin Cheese Ice Cream</td>
<td>Butter (cream), graham cracker crumbs, enriched wheat flour, niacin, thiamin mononitrate, riboflavin, from broccoli, partially hydrolyzed soy and/or cottonseed oils, sugar, gram flour, honey, molasses, corn syrup, high fructose corn syrup, leavening, salt, artificial flavor, granulated sugar, cream cheese softening, pasteurized milk and cream, cheese culture, salt, xanthan and/or carob bean and/or guar gum, pumpkin pie spice, vanilla, maple flavoring, granulated sugar, frozen whole eggs thawed, canned pumpkin, sour cream (cultured grade A cream, milk, whey, modified corn starch, guar gum, carrageenan, calcium sulfate, locust bean gum)</td>
<td>Milk, Wheat, Soy, Egg</td>
</tr>
<tr>
<td>Mexican Wedding Cookies</td>
<td>Whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin). Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added, powdered sugar, walnuts, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), vanilla extract, salt</td>
<td>Soy, Wheat, Tree Nuts</td>
</tr>
<tr>
<td>Mint Brownies</td>
<td>Chocolate liquor, whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, egg, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), vanilla, mint flavoring</td>
<td>Soy, Egg, Wheat</td>
</tr>
<tr>
<td>Mississippi Mud Brownie Bars</td>
<td>Granulated sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin). Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added, eggs, powdered sugar, cake flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrose, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, baking cocoa, vanilla extract, salt</td>
<td>Soy, Egg, Wheat, Milk</td>
</tr>
<tr>
<td>Mocha Truffle Cookies</td>
<td>Butter (cream), chocolate chips (Semi-sweet chocolate, sugar, cocoa butter, milkfat, soy lecithin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts, instant coffee, granulated sugar, brown sugar, eggs, vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), cocoa, baking powder, salt</td>
<td>Soy, Milk, Egg, Wheat</td>
</tr>
<tr>
<td>Molasses Cookies</td>
<td>All purpose shortening (Partially hydrogenated soybean and cottonseed oil), butter (cream), granulated sugar, molasses, eggs, baking soda, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), ground cloves, ginger, cinnamon, salt</td>
<td>Soy, Milk, Wheat, Egg</td>
</tr>
<tr>
<td>Oatmeal Raisin Cookies (Vegan)</td>
<td>Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, brown sugar, vanilla, salt, baking soda, cinnamon, rolled oats, egg, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), raisins</td>
<td>Soy, Egg, Wheat</td>
</tr>
<tr>
<td>Oatmeal Raisin Cookies</td>
<td>Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), granulated sugar, original essence, imitation vanilla, salt, baking soda, baking powder, rolled oats, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), raisins</td>
<td>Soy, Wheat</td>
</tr>
<tr>
<td>Oatmeal Applesauce Banana Nut Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic bananas, walnuts, soybean oil, natural and organic flavorings</td>
<td>Tree Nuts, Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Chocolate Chip Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic chocolate chips (chocolate liquor, cocoa, soya lecithin), natural and organic flavorings</td>
<td>Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Chocolate Chip Walnut Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, on-dairy chocolate chips, (chocolate liquor, cocoa, soya lecithin), walnuts, soybean oil, natural and organic flavorings</td>
<td>Tree Nuts, Soy, Wheat</td>
</tr>
<tr>
<td>Oatmeal Applesauce Classic Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, natural and organic flavorings</td>
<td>Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Coconut Pineapple Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic coconut, pineapple, natural and organic flavorings</td>
<td>Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Double Chocolate Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, non-dairy chocolate chips (chocolate liquor, cocoa, soya lecithin), soybean oil, natural and organic flavorings</td>
<td>Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Ginger Cookies</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic ginger, natural and organic flavorings</td>
<td>Wheat, Soy</td>
</tr>
<tr>
<td>Oatmeal Applesauce Peanut Butter Cookie</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic reduced-fat peanut butter, natural and organic flavorings</td>
<td>Wheat, Soy, Peanut</td>
</tr>
<tr>
<td>Oatmeal Applesause Raisin Cookies</td>
<td>Organic rolled oats, organic wheat flour, organic applesauce, organic turbinoad sugar, organic reduced-fat peanut butter, non-dairy chocolate chips (chocolate liquor, cocoa, soya lecithin), soybean oil, natural and organic flavorings</td>
<td>Wheat, Soy, Peanut</td>
</tr>
<tr>
<td>Orange Chocolate Chip Cookies</td>
<td>Whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gums)), sugar, brown sugar, eggs, orange peel, imitation vanilla, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), baking powder, salt, semi-sweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin - an artificial flavor, natural flavor). Made in a facility that also processes peanuts</td>
<td>Soy, Milk, Egg, Wheat</td>
</tr>
<tr>
<td>Orange Iced Cookies</td>
<td>All purpose vegetable shortenings (Partially hydrogenated soybean and cottonseed oils), sugar, salt, orange zest, eggs, pastry flour (Enriched cake flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin)), baking soda, baking powder, oranges, plain nonfat yogurt (Cultured grade A milk. Contains active yogurt cultures including L. acidophilus), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), powdered sugar, orange zest, water, oranges</td>
<td>Soy, Milk, Egg, Wheat</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Description</td>
<td></td>
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<tr>
<td>------------</td>
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<td></td>
</tr>
<tr>
<td>Sweetex shortening, salt, vanilla, water, powder sugar</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Berry Blue Gelatin</td>
<td>Peanuts, Soy, Milk</td>
<td></td>
</tr>
<tr>
<td>Clear Gel</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Milk chocolate, sugar, cocoa butter, soy milk, milkfat, lactose, soy lecithin, salt, artificial flavors</td>
<td>Soy, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Sweetened coconut flakes, sour cream, mini marshmallows (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, blue 1)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Pineapple tidbits, mandarin oranges, sour cream, milk, sugar, whey, modified corn starch, carrageenan, salt, artificial flavor, ascorbic acid (Vitamin C), red 40, blue 1, blue 2</td>
<td>Soy, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Cherry Gelatin</td>
<td>Soy, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Orange Gelatin</td>
<td>Soy, Milk</td>
<td></td>
</tr>
<tr>
<td>Apple sauce</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Al Fresco Fruit Salad</td>
<td>Soy, Seeds</td>
<td></td>
</tr>
<tr>
<td>Caramel topping, pineapple, orange, grapes, water, sugar, citric acid (used to lower pH)</td>
<td>Soy, Seeds</td>
<td></td>
</tr>
<tr>
<td>California Cocktail</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Strawberry, fruit cocktail, orange juice concentrate, mini sprinkles</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Cherry Gelatin</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Coconut Ambrosia</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Cranberry Orange Relish</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Strawberry, strawberry gelatin, lemon juice, frozen strawberries</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Mandarin oranges, orange juice, orange, raisin juice concentrate, mini marshmallows (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, blue 1)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Pineapple, pineapple juice, sugar, corn starch, whipped topping (cream, sugar, mono and diglycerides, carrageenan, vanilla), mandarin oranges, bananas, marshmallows (corn syrup, sugar, modified cornstarch, dextrose, water, gelatin, tetrasodium pyrophosphate, artificial and natural flavor, artificial color (inc. Blue 1))</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe, honeydew, pineapple, oranges, grapes, water, sugar, citric acid (used to lower pH)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe, honeydew, pineapple, yogurt</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Cranberry Orange Relish</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>strawberries, fruit cocktail, orange juice concentrate, mini sprinkles</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Water, sugar, cranberries, oranges, salt, cinnamon</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>water, strawberry gelatin, lemon juice, frozen strawberries</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Mandarin oranges, orange juice, orange, raisin juice concentrate, mini marshmallows (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, blue 1)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Mandarin oranges, orange juice concentrate, mini marshmallows (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, blue 1)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Mandarin oranges, orange juice concentrate, mini marshmallows (corn syrup, sugar, modified food starch (corn), dextrose, water, gelatin, natural and artificial flavor, tetrasodium pyrophosphate, blue 1)</td>
<td>Soy</td>
<td></td>
</tr>
<tr>
<td>Orange Gelatin</td>
<td>Soy, Milk</td>
<td></td>
</tr>
<tr>
<td>Pineapple tidbits, mandarin oranges, sour cream, milk, sugar, whey, modified corn starch, carrageenan, salt, artificial flavor, ascorbic acid (Vitamin C), red 40, blue 1, blue 2</td>
<td>Soy, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Pineapple tidbits, mandarin oranges, sour cream, milk, sugar, whey, modified corn starch, carrageenan, salt, artificial flavor, ascorbic acid (Vitamin C), red 40, blue 1, blue 2</td>
<td>Soy, Milk, Egg</td>
<td></td>
</tr>
<tr>
<td>Product</td>
<td>Ingredients</td>
<td>Allergens</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>----------------------</td>
</tr>
<tr>
<td>Mousse, Ice Cream &amp; Pudding</td>
<td>Chocolate Ice Cream: Milk, cream, buttermilk, sugar, whey, com syrup, high fructose corn syrup, cocoa processed with alkali, guar gum, mono &amp; diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80.</td>
<td>Milk, Soy</td>
</tr>
<tr>
<td></td>
<td>Chocolate Mousse: Chocolate mousse mix (sugar, partially hydrogenated coconut and/or palm kernel oil, corn syrup solids, Dutch-processed cocoa, modified corn starch, sodium phosphate, dextrose, lactose, glycerol tallow esters of fatty acids, sodium caseinate (a milk derivative), caramel color, sodium silico-aluminate and natural and artificial flavor, dipotassium phosphate, soy lecithin, citric acid). 2% milk.</td>
<td>Soy, Milk</td>
</tr>
<tr>
<td></td>
<td>Chocolate Pudding: Chocolate pudding mix (sugar, modified food starch, dextrose, contains less than 2% of sodium phosphate, natural and artificial flavor, salt, mono- and diglycerides, partially hydrogenated soybean oil, artificial color, nonfat milk, calcium sulfate, tetrasodium pyrophosphate, xanthan gum, red 40, yellow 5, blue 1, BHA (preserve freshness)), 2% milk.</td>
<td>Milk, Soy</td>
</tr>
<tr>
<td></td>
<td>Chocolate Soft Serve &amp; Pudding: milk, com syrup, sugar, high fructose corn syrup, whey, cocoa processed with alkali, nonfat dry milk, cream, mono and diglycerides, guar gum, tetrasodium pyrophosphate, dextrose, carrageenan, VT A</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Dark Chocolate Mousse: Unsweetened baking chocolate, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla, unsalted butter (cream), eggs, granulated sugar.</td>
<td>Milk, Egg</td>
</tr>
<tr>
<td></td>
<td>Deep Chocolate Pudding: sugar, comStackTrace, cocoa, salt, 2% milk, egg yolks, heavy whipped cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), imitation vanilla, bitter chocolate liquor.</td>
<td>Milk, Egg</td>
</tr>
<tr>
<td></td>
<td>Mousse, Egg Cream: milk, cream, buttermilk, com syrup, whey, high fructose corn syrup, sugar, contains less than 1% of guar gum, mono and diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80, natural and artificial flavors, annatto (color).</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Ice Cream, Novelties &amp; Pudding: Ice Cream Sundae Bar: vanilla soft serve (milk, sugar, cream, com syrup, nonfat dry milk, whey, stabilized emulsion by mono and diglycerides, guar gum, dextrose, artificial flavor, vegetable annato color, vitamin A palmitate, chocolate soft serve (milk, com syrup, high fructose corn syrup, whey, cocoa processed with alkali, nonfat dry milk, cream, mono and diglycerides, guar gum, tetrasodium pyrophosphate, dextrose, carrageenan, Vt A), tree cookie crumbles (Sugar, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), High Oleic Canola Oil And/Or Palm Oil And/Or Canola Oil, Cocoa (Processed With Alkali), High Fructose Corn Syrup, Baking Soda, Cornstarch, Salt, Soy Lecithin (Emulsifier), Vanilla -An Artificial Flavour, Chocolate), M&amp;Ms (Milk chocolate (sugar, chocolate, cocoa butter, skim milk, lactose, milk fat, peanuts, soy lecithin, salt, artificial flavors), sugar, comStackTrace, chocolate, annatto color, coloring) 4% milk.</td>
<td>Milk, Soy, Wheat, Peanut</td>
</tr>
<tr>
<td></td>
<td>Mousse, Ice Cream Bar, cont.: Mousse: Milk, cream, buttermilk, com syrup, whey, high fructose corn syrup, sugar, natural flavor, mono and diglycerides, guar gum, cellulose gum, carrageenan, natural and artificial flavor, turmeric for color, blue 1.</td>
<td>Milk, Peanut, Nut, Soy</td>
</tr>
<tr>
<td></td>
<td>Leche Flan: sugared egg yolks, condensed milk, evaporated milk, granulated sugar, vanilla extract, brown sugar, water, maraschino cherries.</td>
<td>Egg, Milk</td>
</tr>
<tr>
<td></td>
<td>Michigan French Vanilla Ice Cream: Modified milk ingredients, sugar, com syrup solids, stabilizer (mono and diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan), flavor from vanillia (glucose/fructose, water, natural and artificial flavor, potassium sorbate, colours (yellow #5 and yellow #6, flavour (artificial vanilla, water, propylene glycol, caramel colour), ground vanilla bean.</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Mini Chocolate Chip Ice Cream: milk, cream, com syrup, corn syrup, chocolate flakes (sugar, chocolate liquor, coconut oil, soy lecithin, vanilla extract, salt, whey, buttermilk, guar gum, mono and diglycerides, sodium phosphate, cellulose gum, sodium citrate, carrageenan, polysorbate 80, blue 1, yellow 5, of peppermint, turmeric.</td>
<td>Milk, Soy</td>
</tr>
<tr>
<td></td>
<td>Pumpkin Mousse: canned pumpkin, brown sugar, ground cinnamon, imitation vanilla, lemon zest, whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), powdered sugar.</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Spumoni Ice Cream: milk, cream, sugar, com syrup, fruit mix (sugar, pineapple, apples (preserved with sulfur dioxide), cranberries, raisins, high fructose corn syrup, cherries, grapes, peaches, natural flavors, malic acid, com bean gum, sodium bicarbonate, sodium benzoate (preservative), red 40, (artificial color), whey, brown sugar, hydrogenated cottonseed oil, brown sugar, mono and diglycerides, soya lecithin, artificial flavor.</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Sopressa Artichoke, Kettle Chips, &amp; Baked &amp; Breaded Chicken: chicken tenderloins (chicken, water, salt, modified food starch, monofat/multifat blend, potassium or sodium chloride, spice, sodium phosphate, sodium silico-aluminate, sulfur dioxide, natural flavor, natural color, sodium benzoate, sodium metabisulfite).</td>
<td>Milk</td>
</tr>
<tr>
<td></td>
<td>Winter Ingredients List 2010: Winter Ingredients List 2010</td>
<td>Milk</td>
</tr>
<tr>
<td>Ingredient</td>
<td>Quantity</td>
<td>Dietary Restrictions</td>
</tr>
<tr>
<td>---------------------------------------------------------------------------</td>
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<td>----------------------</td>
</tr>
<tr>
<td>Sweet potato, sugar, com oil, egg, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamine Mononitrate, Riboflavin, Folic Acid, pastry flour (bleached wheat flour, niacin, iron, thiamine mononitrate and riboflavin), cloves, cinnamon, nutmeg)</td>
<td></td>
<td>Egg, Wheat</td>
</tr>
<tr>
<td>Vanilla Iced Donut</td>
<td>Donut mix (Enriched bleached flour, sugar, partially hydrogenated soybean and cottonseed oil, egg whites, leavening (sodium bicarbonate, sodium aluminum phosphate, sodium acid pyrophosphate monocalcium phosphate), egg yolk sols less than 2%; soy lecithin, dextrose, non-fat dry milk, modified food starch, salt, mono and diglycerides, com syrup solids, artificial flavor, distilled propylene glycol, monooester, sodium dehydroxy, lactic acid, silicon dioxide, polysorbate 60), xanthan gum, guar gum), vanilla ionic (Sugar, water, com syrup, partially hydrogenated soybean and or cottonseed oil, modified tapioca starch, to preserve freshness (sorbitic acid, and sucting agents), colored with (tartaric acid, artificial color)</td>
<td>Wheat, Egg, Soy</td>
</tr>
<tr>
<td>Apple Crisp (P)</td>
<td>apples, granulated sugar, brown sugar, cinnamon, nutmeg, water, sugar, cord starch, salt, butter (cream)</td>
<td>Milk</td>
</tr>
<tr>
<td>Apricot Pastry (P) w/ fruit</td>
<td>unsalted butter, eggs, salt, sugar, cake meal(Passover wheat flour and water), lemon extract, vanilla extract, kosher apricot preserves, lemon juice, walnuts pieces</td>
<td>Eggs, Milk, Tree Nuts, Wheat</td>
</tr>
<tr>
<td>Raspberry Pastry Bar</td>
<td>apricots, unsalted butter (cream), lemon juice, extra virgin olive oil, green onion, salt, pepper, mashed meal (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Brie Gravy (P)</td>
<td>yellow onions, carrots, celery, parsley, frozen beef soup bones, water, garlic, bay leaves, poppycorn, potato starch, salt, black pepper</td>
<td>Tree Nuts</td>
</tr>
<tr>
<td>Charoset (P)</td>
<td>macintosh apples, cinnamon, ginger, grape juice, lemon juice, walnuts, honey</td>
<td>Milk, Eggs, Soy</td>
</tr>
<tr>
<td>Cheesecake (P)</td>
<td>eggs, salt, porkpa</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Cheese &amp; Mushroom Matzo Bar</td>
<td>plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), yellow onions, butter, parsley, mushrooms, onion, potato, celery, carrot, cucumber, cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Corn Oil, Dried Whey, Dextrose, and Vegetable Color (turmeric and annato extracts)), potato starch, salt, water, white pepper, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)</td>
<td>Milk</td>
</tr>
<tr>
<td>Chocolate Chip Bars (P)</td>
<td>sliced almonds, lemon juice, almond extract, salt, vanilla extract, eggs, all purpose vegetable sugar, cake meal(passover wheat flour), potato, grape, chicken, (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts)</td>
<td>Tree Nuts, Milk, Egg, Soy</td>
</tr>
<tr>
<td>Chocolate Raspberry Mousse (P)</td>
<td>hazelnut chocolate, water, sugar, semi-sweet chocolate chips (semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts)</td>
<td>Milk</td>
</tr>
<tr>
<td>Fresh Whipped Potatoes (P)</td>
<td>potato, water, salt, white pepper</td>
<td>Milk, Soy, Wheat</td>
</tr>
<tr>
<td>Fudge Squares (P)</td>
<td>cake meal, potato starch, salt, baking cocoa, eggs, sugar, vegetable (soy) oil, semi-sweet chocolate chips (Semi-sweet chocolate (sugar, chocolate, cocoa butter, milkfat, soy lecithin, vanillin). Made in a facility that also processes peanuts)</td>
<td>Eggs, Milk, Soy, Wheat</td>
</tr>
<tr>
<td>Jalapeno Fish (P)</td>
<td>potted jalapeno fish</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Knodel Cheese (P)</td>
<td>cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Corn Oil, Dried Whey, Dextrose, and Vegetable Color (turmeric and annato extracts)), potato starch, salt, water, white pepper, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)</td>
<td>Milk, Egg, Wheat</td>
</tr>
<tr>
<td>Kosher Roast Chicken Leg Dinner (P)</td>
<td>roasted Chicken</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Matzo Ball Soup (P)</td>
<td>eggs, matzo meal (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), salt, chicken stock (Chickent Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and com gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Dried Whey, Dextrose, and Vegetable Color (turmeric and annato extracts)), potato starch, salt, water, white pepper, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)</td>
<td>Egg, Wheat, Milk</td>
</tr>
<tr>
<td>Matzo Brit (P)</td>
<td>water, eggs, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), salt, butter (cream)</td>
<td>Eggs, Milk, Wheat</td>
</tr>
<tr>
<td>Matzo Casserole (P)</td>
<td>yellow onion, vegetable (soy) oil, tomato, black pepper, chili powder, salt, westcoastshire sauce, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), sharp cheddar cheese (pasteurized milk, cheese sauce, salt, enzymes, annato), sour cream (Culture milk, cream, wheat, modified corn starch, soybean phosphates, be guar gum, carrageenan, can beo seed and potassium sorbate), garlic, black pepper</td>
<td>Milk, Wheat, Soy</td>
</tr>
<tr>
<td>Matzo Cheese Souffle (P)</td>
<td>plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), eggs, skm milk, cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidophilus and Bifidus Cultures, Vitamin A Palmitate, Enzymes), sugar, cinnamon, salt, sour cream (Cultured milk, cream, wheat, Modified corn starch, soybean phosphates, guar gum, carrageenan, can beo seed and potassium sorbate)</td>
<td>Wheat, Egg, Milk</td>
</tr>
<tr>
<td>Matzo Cracker (P)</td>
<td>cracker meal (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Matzo Matt Sandwich (P)</td>
<td>mexican cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annato), tomatoes, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), dijon mustard, black pepper</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Matzo Pancakes (P)</td>
<td>eggs, water, salt, matzo meal (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Matzo Pizza (P)</td>
<td>pizza crust (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), homemade pizza sauce (tomato sauce, crushed tomatoes, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes)</td>
<td>Milk, Wheat</td>
</tr>
<tr>
<td>Raspberry Pastry Bar</td>
<td>butter, egg yolk, soy, sugar, matzo meal (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), lemon extract, imitation vanilla, raspberry, flavored food starch, dextrose, contains &lt;0.5% citric acid, tapioca dextrose, salt, sodium chloride, algin, soy lecithin, cellulose, carrageenan soy bean extract, potassium sorbate, red 40, artificial flavor), lemon juice, walnuts</td>
<td>Tree Nuts, Milk, Egg, Wheat</td>
</tr>
<tr>
<td>Spicy Cake (P)</td>
<td>beef (Contain Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water), potato stalk, eggs, vegetable (soy) oil, lemons, salt, logar</td>
<td>Wheat, Soy, Eggs, Wheat</td>
</tr>
<tr>
<td>Turkey &amp; Corned Beef on Matzo (P)</td>
<td>corned beef, turkey, tomatoes, plain matzo crackers (Enriched Unbleached Wheat Flour (Flour, Fennel Orthophosphate, Niacinamide, Maltodextrin, Thiamine Hydrochloride, Folic Acid), and Water)</td>
<td>Wheat</td>
</tr>
</tbody>
</table>

Winter Ingredients List 2010
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Pork, Veal & Lamb

Entrees

Chicken and Andouille Gumbo
Carolina/olive oil, chicken thighs, gumbo file, yellow onions, green peppers, celery, prepped garlic, creole spice, butter (cream), all purpose flour (Enriched bleached wheat flour (nicacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), water, chicken base (Chicken Fat, Sugar, riboflavin, folic acid), natural chicken juices (protein), Dried Whey, Salt, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Inosinate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annato extracts), bay leaves, celery, bell pepper, onion, sausage, green onion.

Milk, Wheat, Soy

Grilled Pork Steak
pork loin, ground cumin, chili powder, thyme leaves, chiptole pepper, garlic, orange leaves, carola olive blend, salt, crushed tomatoes, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt), contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, garlic, autolyzed yeast extract, onion, malic acid, natural flavors, water, red onions, sugar, heavy whipped cream (cream, sugar, mono and diglycerides, carrageenan, vanilla), cilantro

Soy, Milk

Grilled Pork Chop
pork loin roast, salt, black pepper, nutmeg, allspice, macintosh apples, apple juice, raisins, cinnmon sticks, fresh oranges

Milk

Grilled Pork Chop
pork loin roast, salt, black pepper, nutmeg, allspice, macintosh apples, apple juice, raisins, cinnmon sticks, fresh oranges

Soy, Milk

Italian Meatloaf
Ground Beef, marinara tomato sauce, bulk frozen Italian pork sausage, eggs, yellow onions, green peppers, black olives, ham buffet, canola oil/olive oil blend

Milk, Seeds, Wheat, Soy

French Dip
ground black pepper, ginger, cardamon, nutmeg, cloves, mustard, mace, caraway seeds), coriander, turmeric, cayenne pepper, kosher salt, black ground pepper, basmati rice, water, cilantro

Alcohol, Seeds

Marinated Lamb Steak
Ground mustard, brown sugar, salt, paprika, Carolina/olive oil blend, red wine vinegar, lemons, garlic, oregano, lamb steak

Alcohol

Meat Deluxe Pizza
pizza crust (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat flour, ammonium phosphates, calcium acid phosphate, partially hydrogenated soybean oil), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat flour, ammonium phosphates, calcium acid phosphate, partially hydrogenated soybean oil).

Milk, Soy, Wheat

Meat Eaters Delight Pizza
homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (Partestroke whole milk, pasteurized milk, part skim milk, pizza sauce, salt, enzymes), Celulose added to prevent caking), pizza dough (Enriched wheat flour (flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, salt, contains less than 2% of the following: salt, soybean oil, wheat flour, ammonium phosphates, calcium acid phosphate, partially hydrogenated soybean oil)

Milk, Wheat, Soy

Pepperoni Pizza
pizza crust (high gluten flour, dry yeast, salt, canola/olive oil, water), canola oil, olive oil, pizza sauce (Vine Ripeened Tomatoes, Salt, and Basil), mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), provolone cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), parsley, oregano, salt, ground black pepper

Milk, Egg, Wheat, Soy, Seeds

Pepperoni Pizza
pork, beef, ham, fat, Calcium Reduced Fat Milk, Salt, Celery Juice, Dextrose, Natural Spices, Monosodium Glutamate, Paprika, Flavors, Sodium Erythorbate, Sodium Nitrate

Alcohol, Seeds

Pork, Veal & Lamb

Entrees

Chop Suey Pork Roast w/ Carmelized Onions
pork loin, ground cumin, chili powder, thyme leaves, chiptole pepper, garlic, orange leaves, carola olive blend, salt, crushed tomatoes, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt), contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, garlic, autolyzed yeast extract, onion, malic acid, natural flavors, water, red onions, sugar, heavy whipped cream (cream, sugar, mono and diglycerides, carrageenan, vanilla), cilantro

Soy, Milk

Shish Pork Loin
pork loin, salt, black pepper, nutmeg, allspice, macintosh apples, apple juice, raisins, cinnmon sticks, fresh oranges

Milk

Cider Pork
pork loin roast, salt, black pepper, nutmeg, allspice, macintosh apples, apple juice, raisins, cinnmon sticks, fresh oranges

Soy, Milk

Deluxe Meat Pizza
pizza crusts (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soy oil and/or olive oil, yeast, salt, spices, calcium propionite and potassium sorbate (preservative)), italian sausage, pizza sauce, basil, cheese blend (partestroke whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), onions, green peppers, black olives, pullman ham, olive oil

Wheat (crust), Milk

Easy Stuffed Pork Chops
Vegetable oil (canola cut pork chops, salt, black ground pepper, salt), top white bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less of: yeast, salt, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), yeast nutrients (calcium sulfum, ammonium chloride), corn starch, calcium propionate (mild inhibitor)), margarine, yellow onions, water, sage, thyme, cream of mushroom soup cn (Water, mushrooms, vegetable oil (corn and/or cottonseed oil), modified food starch, water, contains less than 2% of salt, soy protein concentrate, MSG, cream powder (cream, soy, bovithin), yeast extract, spice extract, dehydrated garlic, 2% milk

Milk, Seeds, Wheat, Soy

Soy

Winter Ingredients List 2010

Soy, Wheat

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Soy, Wheat

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Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy, Wheat

Winter Ingredients List 2010

Soy

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Soy

Winter Ingredients List 2010

Soy
Chicken Nuggets
Chicken Taco Meat
Chicken Paprikash
Chicken Parmesan
Chicken Pad Thai With Green Beans
Chicken Salad
Chicken Pad Thai With Green Beans
Chicken Schnitzel
Chicken Tortilla Chili
Chicken & Roasted Poultry Entrees
Chicken Pot Pie
Chicken Quasasdict
Chicken & Roasted Pepper Strudel
Chicken Salad (Black & Blueberry)
Chicken Schnitzel
Chicken Stir Fry
Chicken Taco Meal
Chicken Tenders
Chicken Tortilla Crisps
Chicken Vegetable Pasta
Chicken Walnut Stuffed Fried Potatoes

Chicken breast with rib meat, water, modified potato starch, salt, sodium phosphates, sugar, black pepper, garlic powder, and yeast extract. Breaded with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, spices, lemoning (sodium aluminum amato, turmeric) corn syrups, dehydro, flavor (maltoolxulose, autolyzed yeast extract, natural flavor, hydrolyzed corn protein, silicon dioxide), tortula yeast, caramel color, extractives of paprika and annato, extractives of tumeric. Battered with water enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn starch, salt, sugar, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), dehydro, flavoring (maltoolxulose butter flavor, annato, turmeric), citric acid, sodium caseinate, extractives of paprika, prebusted with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt, guar gum, breaded setting in vegetable oil.

Chicken Pad Thai With Green Beans
Red noodles (Rice, water), water, stir fry chicken strips, cornstarch, salt, sesame oil, lime, brown sugar, red asian chili peppers, paprika, chil sambai paste (Chili, vinegar, sugar, salt, potassium sorbate and sodium benzoate as preservatives not a significant source of saturated fat, cholesterol, fiber, Vitamin A, Vitamin C and calcium), fish sauce ( Anchovy Extract, Salt, Sugar, Water), canola/oil blend, egg, growth onions, basil, cilantro, bean sprouts, dried roasted peanuts.

Chicken Paprikash
Chicken, all-purpose flour (Enriched wheat flour (niacin, iron, reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour, paprika, vegetable oil, yellow onions, onions, kielser salt, white ground pepper, green pepper, tomatoes, tomato paste (Tomato paste, salt, citric acid), sour cream (Cultured milk, cream, whey, modified corn starch, sodium propionate, carrageenan, canbean gum and potassium sorbate (maintains freshness)), chicken stock (*, heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla),

Chicken Parmesan
Chicken, all-purpose flour (Enriched wheat flour (niacin, iron, reduced), thiamine mononitrate, riboflavin, folic acid), corn, chicken, egg, canola/olive blend, vegetable oil, red wine vinegar, salt, black pepper, parsley, oregano, thyme, marinara sauce (Tomato pureeわれる, and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), mozzarella (cultured pasteurized milk, powdered cellulose, salt, enzymes),

Chicken Pasta Primavera
Macaroni shells (Durum Semolina, niacin, ferrous sulfate (Iron), thiamine mononitrate, riboflavin, folic acid), carrot, broccoli, red bell pepper, peas, water, chicken breast, amcream, heavy whipping cream (Cream, sugar, mon and diglycerides, carrageenan, vanilla), parmesan cheese (pasteurized part-skim milk, cheese, salt, enzymes), mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes),

Chicken Pasty Parmesan
Chicken, cantered marinara sauce (* (tomato puree, and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parsley, spices), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes),

Chicken Pasta Pizza
Pizza crust (Enriched wheat flour (Flour malleed barley flour, nicn, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat, ammonium sulfate, calcium ascorbic acid, partially prooeduced hydrogenated soybean oil, pesto sauce (canola/oil blend, garlic, salt, salt, black ground pepper), stir fry chicken strips, chicken breast (Pasteurized whole milk, pasteurized milk, part skim milk, part milk, skin milk, cheese culture, salt, and enzymes). Cellulose added to prevent caking).

Chicken pasta, all-purpose flour (Enriched wheat flour (niacin, iron, reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour (*), salt, black pepper, canola olive blend, butter, onions, parsley, garlic, water, lemon juice, white cooking wine, chicken breast (Chicken: Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Distilled Insosinate/Disodiuem Glyuate, Calcium Laetate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annato extracts)),

Chicken Pot Pie
Water, chicken breast (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Distilled Insosinate/Disodiuem Glyuate, Calcium Laetate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annato extracts)),

Chicken Quasasdict
Chicken, cilantro, green chil, green pepper, red pepper, Monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), & flour tortilla (Enriched bleached wheat flour (wheat flour, niacin, iron, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable oil, hydrogenated (soybean oil, high fructose corn syrup, partially hydrogenated soybean oil, high fructose corn syrup, thaeumonophosphate and/or sucroide pyrophosphate, calcium sulphate),

Chicken & Roasted Pepper Strudel
Filo dough (Enriched, non-bromine bleached flour (Bleached flour wheat, nicn, iron, thiamine mononitrate, riboflavin, folic acid), water, corn starch, vital wheat gluten, salt, canola oil, preservatives (salad and citric acid, monopropionate, potassium sorbate), citric acid),

Chicken Salad (Black & Blueberry)
Chicken breast, red bell peppers, green peppers, cilantro, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes), red onions, canola olive oil blend, whole kernel beans, corn beans (Prepared black beans, water, sugar, salt, calcium chloride (firming agent), ferrous gluconate, spinach, bulk eggs, 2%,

Chicken Schnitzel
Dredged pressed chicken, eggs, 2% milk, bread crumbs (Enriched flour, malted barley, nicn (A & B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), high fructose corn syrup, corn syrup, partially hydrogenated vegetable oil (soybean, corns and/or corn oil), water, salt, contains 2% or less of: yeast, honey, molasses, sugar, wheat gluten, whey, soy flour, whole wheat flour, rye flour, corn flours, oat bran, corn meal, rice flour, potato flour, potato starch, soy lecithin, calcium carbonate, yeast nutrients (ammonium sulphate, calcium sulphate, monocalcium phosphate),

Chicken Stir Fry
desease oil blend, soy sauce (water, soybeans, wheat, salt, sodium benzoate), cornstarch, chicken strips, garlic, ginger, red pepper flakes, water, vegetable "chicken" base (salt, maltodextrin from corn, sugar, dried beef (beef fat, corn oil, onion powder, disodium insosinate, disodium guylate, turmeric, natural flavoring),

Chicken Taco Meal
Chicken laco meal, chopped fress cilantro, head of lettuce, shredded cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annato), diced tomatoes, sliced black olives

Chicken Tenders
chicken breast tenders, water, modified potato starch, salt, sodium phosphates, black pepper, onion powder, garlic powder, yeast extract and white pepper. Breaded with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, sugar, spices, leavening (sodium aluminum phosphates), flavor (maltodextrin, natural butter flavor, annato, turmeric) corn syrups, dehydro, flavor (maltodextrin, autolyzed yeast extract, natural flavor, hydrolyzed corn protein, silicon dioxide), tortula yeast, caramel color, extractives of paprika and annato, extractives of tumeric. Battered with water enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) corn starch, salt, sugar, spices, leavening (sodium aluminum phosphate, sodium bicarbonate), dehydro, flavoring (maltodextrin butter flavor, annato, turmeric), citric acid, sodium caseinate, extractives of paprika, prebusted with enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat gluten, salt, guar gum, bread setting in vegetable oil.

Chicken Tortilla Crisps
Chicken (White), Salad Dressing (Soybean Oil, Water, Soy, Egg Yolks, Starch, Modified Food Starch, Salt, Mustard Flour, Paprika, Spce, Natural Flavor, Dried Garlic), Celery, Sugar, Corn Syrup, Salt, Cice Acid, Carion, and Grapnades,

Chicken Vegetable Pasta
broccoli, ziti noodles (Dorun Semolina, Nicn, Ferrous Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), chicken strips, vegetable oil, garlic, ginger, onions, red peppers, canned soy sauce (water, organic soybeans, sea salt, alcohol, koji), black pepper, sesame seeds

Chicken Walnut Stuffed Fried Potatoes
Corncob, soy sauce water, soybeans, wheat, salt, sodium benzoate, cornstarch, stir fry chicken strips, chicken stock (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Distilled Insosinate/Disodiuem Glyulate, Calcium Laetate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annato extracts)),

Winter Ingredients List 2010
Soy, Wheat, Egg, Milk
Poultry Entrees

Chicken Wings Of Fire
Chicken wing sections, water, wheat flour, modified food starch, sodium phosphates, salt, seasoning (salt, oil of garlic). COATED WITH: Hot sauce (fresh red rip peppers, distressed vinegar, salt), water, soybean oil, cheddar cheese, cellulose gum, modified corn starch, salt, spices, natural smoke flavor, artificial flavors, artificial coloring, BHT has been added to the packaging to help preserve freshness.

Cornhole Chicken
Chicken, bread flour (Wheat Flour, Malted Barley Flour; Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, white pepper, egg, 2% milk, coriander crumbs (Milked corn, sugar, malt flavoring, high fructose corn syrup, salt, reduced iron, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, riboflavin (vitamin B2), pyridoxine hydrochloride (vitamin B6), calcium pantothenate, vitamin B12, thiamine hydrochloride; BHT has been added to the packaging to help preserve freshness), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness). Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.

Cream Style Chicken Enchilada
Chicken, yellow, Monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin). Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added.

Fried Chicken
Chicken breast, water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed wheat and corn gluten, soy), Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Insinulate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), white ground pepper, chicken breast fillets, salt, black ground pepper

Don's Cheesy Chicken
Extra virgin olive oil, shallots, thyme, boneless skinless chicken breast, all-purpose flour (Enriched bleached wheat flour (milk, iron, reduced), thiamine mononitrate, riboflavin, folic acid), milked barley flour, red potato, green beans, while cooking wine, chicken stock (water, chicken base (Chicken Meat Including Natural Chicken Juices, Salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy) Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Insinulate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), sugar, tomato, garlic, kalamata olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), alcohol, soy, milk, seeds, wheat

Drake Fried Chicken
Chicken, Drake's batter mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), water

Franklin Style Style
Chicken, cracker meal (malted wheat flour), chicken's batter mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring), garlic powder, salt, black pepper

Fried Chicken
Chicken, eggs, evaporated milk, bread flour, salt, black pepper, paprika, carols oil, corn oil, HMB, citric acid, dimethylpolysiloxane. Orange chicken, water, Drake's mix (Wheat Flour, Cornmeal, Salt, Whey, Sodium Bicarbonate, Spices and Coloring)

Fried Chicken Drumsticks
Chicken drumsticks, eggs, garlic, all-purpose flour (Enriched bleached wheat flour (milk, iron, reduced), thiamine mononitrate, riboflavin, folic acid), milked barley flour, paprika, salt, black pepper

General Tso's Chicken
Chicken breast, soy sauce (water, soybeans, wheat, salt, sodium benzoate), garlic, ginger, hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, cheddar pepper, spices, caramel color, acetic acid, FD&C red no. 40), sugar, rice wine vinegar, sesame oil blend, red chili peppers, green onion

Honeys Chicken Breast
Chicken breast, carols oil/olive oil

Ground Nut Chicken Stew
Vegetable oil, yellow onions, green cabbage, sweet potatoes, V-8 juice (Tomato Juice from Concentrate (Water, Tomato Concentrate), Reconstituted Vegetable Juice Blend (Water And Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Salt, Vitamin C (Ascorbic Acid), Flavored, Apple juice, cayenne pepper, salt, garlic, ginger root, cilantro, tomato, okra, chicken breast, peanut butter, Jr. Extra Chunky (Roasted peanuts and sugar, contains 2 percent or less of: mozzarella, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soy), mono and diglycerides and salt)

Hawaiian Chicken
Pineapple, brown sugar, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, color, garlic, natural smoke flavor, preserved (sodium benzoate)), cornstarch, tomato paste (tomato concentrate, tomato paste), high fructose corn syrup, corn syrup, vinegar, salt, onion powder, sugar, vegetable flavor

Herb Baked Chicken
Chicken, white cooking wine, vegetable oil, lemon, parsley, salt, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, color, garlic, natural smoke flavor), lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabsulfite, sodium sulfite, lemon oil), whey free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soy lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate)

Herb Grilled Chicken
Carola olive blend, garlic, sage, parmesan (pasteurized part skim milk, cheese culture, salt, enzymes), powderd cellulose), dijon mustard, black pepper, thyme leaves, salt, chicken breast

Honey Chicken
Soy sauce (Sugar, Water, Soybeans, Salt, Sweetened Soybean Paste, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40), asian chili peppers, soy, green onions, red cooking wine, garlic, ginger, black pepper, chicken

Honey BBQ Chicken
Chicken party wings. BBQ sauce, water, modified food starch, corn syrup, sugar, onion powder, thyme, black pepper, cayenne pepper, dill, garlic, salt, white vinegar, lemon, worcestershire sauce (water, worcestershire sauce, onion, tomato puree, salt, egg, mountain dulse (seaweed), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor)), browning (potato, sugar, vegetable flavor, dextrose, salt, soy lecithin, natural smoke flavor), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor)), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor)), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor)), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor)), natural smoke flavor, preserved (iodized salt, sodium benzoate, natural smoke flavor))

Irish Chicken Stew
Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach, Salt, Vitamin C (Ascorbic Acid), Flavored, Apple juice, cayenne pepper, salt, garlic, ginger root, cilantro, tomato, okra, chicken breast, peanut butter, Jr. Extra Chunky (Roasted peanuts and sugar, contains 2 percent or less of: mozzarella, partially hydrogenated vegetable oil (soybean), fully hydrogenated vegetable oils (rapeseed and soy), mono and diglycerides and salt)

Italian Chicken
Chicken meat including natural chicken juices, salt, Chicken Fat, Sugar, Hydrolyzed (wheat and corn gluten, soy), Proteins, Dried Whey, Maltodextrin, Natural Flavoring, Yeast Extract, Partially Hydrogenated Cottonseed Oil, Corn Oil, Disodium Insinulate/Disodium Guanylate, Calcium Lactate, Lactic Acid, Dextrose, and Vegetable Color (tumeric and annatto extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract), sugar, tomato, garlic, kalamata olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), alcohol, soy, milk, seeds, wheat

Jalapeno Chicken Drums
Chicken drumsticks, canola olive blend, lemon juice, balsamic vinegar, oregano leaves, salt, garlic pepper, thyme leaves, basil leaves

Winter Ingredients List 2010

Soy, Wheat, Milk

Soy, Milk, Tree Nuts

Soy, Milk, Seeds, Wheat

Winter Ingredients List 2010

Soy, Wheat, Milk

Winter Ingredients List 2010

Soy, Peanuts

Winter Ingredients List 2010

Soy, Wheat

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy, Seeds, Wheat

Winter Ingredients List 2010

Soap, Wheat, Milk

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy

Winter Ingredients List 2010

Soy, Milk, Tree Nuts

Winter Ingredients List 2010

Soy
Sandwiches

Portobella Mushroom Sandwich on Rye
basil, portobella mushrooms, garlic, cooking sherry, salt, black pepper, red wine vinegar, canola oil/soy, pesto mayonnaise dressing (basil, oregano, garlic, parmesan cheese, mayonnaise, salt, black pepper), rye bread (Enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin, riboflavin, folic acid), rye flour, water, contains 5% or less: soybean oil, wheat, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium nutrients, sodium carbonate, monocalcium phosphate, calcium propionate (preservative), phosphoric acid), provolone cheese (Cultured pasteurized milk, salt, enzymes), egg, milk, wheat, alcohol)

Portobella Mushroom Roast Beef Submarine
eggplant, zucchini, summer squash, green peppers, onions, garlic, basil leaves, ground coriander, parsley, lemon juice, sugar, black pepper, salt, ground oregano, hoagie (White flour, water, shortening, salt, granulated sugar, active dry yeast, dough conditioner B/45, pt 25, Calcium Propionate), wheat

Neuben Sandwich
cornd beef eye of round chuck, deli rye, 1/4 inch 1000 island dressing (Soybean Oil, Water, High Fructose Corn Syrup, Vinegar, Pickles, Egg Yolk, Tomato Paste, Salt, Corn Syrup. Contains less than 2% of: Xanthan Gum, Spice, Onion, Salt), White Bread (Flour, Enriched (Wheat Flour, Durum Wheat Meal, Salt, Monoglycerides, Calcium propionate and Calcium Disodium EDTA (preservatives), Yeast), Peppers, Olive Oils, Turmeric, Natural Flavor), swiss cheese (Pasteurized milk, cheese curd, whey,modified corn starch, salt, white pepper, contains 2% or less: soybean oil, wheat gluten, propylene glycol), swollen red onion, hoagie bread (White flour, water, contains 2% or less: soybean oil, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium carbonate, monocalcium phosphate, calcium propionate (preservative), phosphoric acid), provolone cheese (Cultured pasteurized milk, salt, enzymes), egg, milk, wheat, alcohol)

Rib Sandwich
vegetable oil, pork patty (Water, Vegetable Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Sulfoxide, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)), Seasoning (Salt, Dextrose, Sugar, Hickory Smoked Yeast, Vinegar, Flavourings and Garlic), BBQ sauce (Water, sugar, tomato paste, spices, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed vegetable protein, spices, salt, colors, silk), natural smoke flavor, mustard flour, caramel color, spice extracts), natural smoke flavor, mustard flour, salt, sodium nitrite, sugar, red pepper, (Unbleached flour (wheat flour, malted barley flour), water, sour culture, contains less than 2% of each of the following: extra virgin olive oil, salt, wheat germ, semolina, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, natural smoke flavor,)

Roast Beef Submarine Sandwich
roast beef, provolone cheese (Cultured pasteurized milk, salt, enzymes), hoagie (Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guarm, Soup, Vegetable Mono-diglycerides)

Roast Beef & Cheddar Submarine
roast beef, cheddar cheese (Pasteurized milk, cheese curd, whey, salt, enzymes), hoagie (Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guarm, Soup, Vegetable Mono-diglycerides)

Seafood Roll
shrimp, light longan, smoked salmon, smoked oysters, vegetable oil, mayonnaise (water, canola oil, eggs, whey, vinegar, white vinegar, sugar, salt, mustard flavor, natural smoke flavor, natural colors), sauerkraut (sauerkraut, water, salt), whey, natural flavors, provolone cheese (Cultured pasteurized milk, salt, enzymes), white longan, hoagye bread (White flour, water, contains 2% or less: soybean oil, wheat gluten, salt, caraway seeds, high fructose corn syrup, ground caraway, dough conditioners (sodium stearoyl lactylate, monoglycerides, calcium peroxide), vinegar, lactic acid, yeast nutrients (calcium carbonate, monocalcium phosphate, calcium propionate (preservative), phosphoric acid), provolone cheese (Cultured pasteurized milk, salt, enzymes), egg, milk, wheat, alcohol)

Roast Turkey Submarine
roasted turkey breast, tomatoes, lettuce, Kaiser rolls (White flour, water, salt, 98%, shortening, active dry yeast, bread)

Roast Turkey on Kaiser
roasted turkey breast, tomatoes, lettuce, Kaiser rolls (White flour, water, ruma 8%, shortening, active dry yeast, bread, proso com),

Slider Sandwich
bagel, white plate, white roll (Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), wheat

Wheat with Cheese Sandwich
bacon, cheese, white bread (Flour, Enriched (Wheat Flour, Durum Wheat Meal, Salt, Monoglycerides, Calcium propionate and Calcium Disodium EDTA (preservatives), Yeast), salt, mozzarella (Processed cheese, water, whey, modified food starch, modified food starch, lactic acid, modified food starch, salt), bread (Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)

Sloppy Joes
ground beef, onions, ketchup, tomato concentrate (made from red ripe tomatoes), high fructose corn syrup, vinegar, com syrup, salt, spices, onion powder, natural flavoring), tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper, black pepper, salt, wheat powder, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of each of the following: soybean oil, propylene glycol, natural smoke flavor, natural smoke flavor, natural flavors, natural smoke flavor,)

Spicy Dogs
water, soy protein isolate, wheat gluten, evaporated cane juice, salt, yeast extract, soy sauce (water, soybeans, wheat, salt), granulated garlic, carrageenan, spice extract, natural flavors (from vegetable sources), vegetable gum, natural smoke flavor, potassium chloride, potato powder

Turkey Burger
ground chicken, ground beef, onion, pepper, celery, sautéed onion, beef pattie, american cheese (pasteurized milk and skim milk, water, cream, sodium cholate, salt, sodium phosphate, sodium acid (preservatives), citric acid, annatto, paprika, api carotene and beta carotene (color), acetic acid, enzymes, lecithin, soy, (White flour, water, Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides), salt, wheat

Turkey Sliders
white bread (Flour, White flour, water, shortening, salt, wheat gluten, monoglycerides, calcium propionate (mold inhibitor), salt, wheat, dry milk, potassium carbonate, potassium carbonate, sodium carbonate, flavor,)

Turkey Club Wrap
turkey breast, muenster (Pasteurized milk, cheese culture, salt, enzymes and annato color), fresh tomatoes, leaf lettuce,:

Turkey Cranberry Wrap
turkey, cranberry sauce (and cranberry juice), white bread (White flour, water, ruma 4%, shortening, active dry yeast, bread, proso com),

Turkey Burgers
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Burger
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Wraps
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Club Wrap
mayonnaise (Soybean Oil, Water, Com Syrup, Egg Yolk, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (added to protect flavor),) dip mustard, lettuce, turkey breast, bacon, white lavash bread (Stone ground Whole Wheat Flour, Water, Dietary Fiber, Wheat Gluten. Contains 2% or less of the following: Soybean Oil, Calcium Propionate, Salt, Guar Gum, Vegetable Mono-diglycerides)

Turkey Cranberry Sandwich
white bracelet (White flour, water, ruma 4%, shortening, active dry yeast, bread, proso com),

Turkey Wraps
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Grinder
don rolls (Flour enriched, granulated beef sugar, compressed bakers yeast, granulated salt, yellow cornmeal, salt, egg, sesame seeds, natural dough conditioner (soy flour, soybean stearoyl lactylate, garlic, dextrose, lactic acid), oxalic acid, ascorbic acid, dextrin, calcium propionate, dextrose, salt, enzyimmes),

Turkey Wraps
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Salad
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey Wraps
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Turkey and Mozzarella Bagel
turkey breas, mozzarella (Pasteurized milk, cheese culture mix, salt, enzymes and annato color),

Turkey Salad
white bracelet (White flour, water, salt, 98%, shortening, active dry yeast, bread, proso com),

Winter Ingredients List 2010

Soy
Wheat
Soy
Wheat
Wheat
Soy
Wheat
Wheat
Wheat
Wheat
Wheat
Wheat
Wheat
Alcohol
Egg, Milk, Wheat, Alcohol

Soy, Wheat, Egg
Soy, Wheat, Egg
Soy, Wheat, Egg
Soy, Wheat, Egg
Soy, Wheat, Egg
Soy, Wheat, Egg
Soy, Wheat, Egg
Wheat, Soy, Egg, Shellfish

Popcorn Shrimp
Shrimp, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, bleached wheat flour, salt, modified corn starch, soybean oil, leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), yellow corn flour, maltodextrin, white sugar, egg whites, dry buttermilk, spices, sugar, chili pepper, lemon juice powder (with corn syrup solids), disodium inosinate and guanylate (as flavor enhancers), natural butter flavor, spice extracts (including paprika and turmeric), xanthan gum, parsley, sodium bisulfite (as a preservative).

Potato Crusted Fish Cod
Cod, water, enriched wheat flour (wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified corn starch, potato blend (dehydrated potato (potatoes, monoglycerides, dicyglycerol), sodium acid pyrophosphate (citric acid), dry potato mix (potatoes, corn starch, guar gum, salt, methycellulose, sodium bisulfite (preservative)), BHT (preservative), potatoes, partially hydrogenated soybean oil, dehydrated potato, salt, cheddar cheese powder (cheddar cheese [pasteurized milk, cheese cultures, lactic acid, modified food starch, natural color, vitamin a palmitate]), dry potato mix (potatoes, corn starch, guar gum, salt, sodium acid pyrophosphate, yellow 5 and yellow 6), yellow corn flour, potato sticks (potatoes, palm oil, salt, white corn flour, disodium inosinate, disodium guanylate, egg white, partially hydrogenated soybean oil, soy bean, chives, artificial flavors, torula yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), onion powder, dextrose, garlic powder, vinegar, natural flavor, ethyl alcohol, monoglycerides, sodium stearoyl lactylate, spices, yeast, lactic acid, mixed tocopherols, paprika (for color), dough conditioners (L-cysteine monohydrochloride, ascorbic acid, ascorbic acid mononitrate), sodium tripolyphosphate (to retain moisture). Prefried in cottonseed, canola and/or soybean oil. Contains: fish (cod), wheat, soybean, milk, and eggs.

Potato Crusted Whitefish
Whitefish filet, salt, black ground pepper, shredded potato, shredded carrot, (partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides and soda ash, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added).

Pub Style Fish
Cod, Bleached Wheat Flour, Yellow Corn Flour, Beer, (Water, Malted Barley, High Maltose Syrup, Hops, Caramel), Modified Wheat Starch, White Corn Flour, Salt, Leavening (Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate), Partially Hydrogenated Vegetable Oil (Soybean And/Or Cottonseed Oil), Spice, Sugar, Natural Flavor, Xanthan Gum, Fried In Soybean Oil.

Salmon Asparagus Paninis
Salmon fillets, asparagus

Salmon Fettuccine
Eggs, 2% milk, salt, water, salmon, split white bread (enriched wheat flour (wheat flour, barley malt, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylates, monoglycerides, calcium propionate, monocalcium phosphate, calcium carbonate), corn starch, calcium peroxide), yeast nutrients (calcium carbonate, monocalcium phosphate, corn starch, calcium propionate (mold inhibitor), yellow onions, pink fancy salmon, lemon juice

Salmon with Roasted Greens
Salmionic vinegar, onions, oregano, basil, garlic, parsley, salt, with black pepper, granulated sugar, canola oil, olive oil, spinach, salmon fillets, dijon mustard (distilled vinegar, water, mustard seed, salt, lactic acid, paprika, spices, chives)

Seafood Chicken and Andouille Paella
Chicken, paprika, canola/olive oil, koshar salt, yellow onion, mustard, garlic, red pepper, yellow pepper, diced tomato, creole spice, ground turmeric, black pepper, water, long grain rice, andouille sausage, shrimp

Seafood Primavera
Rice, Durum Semolina, NaCl, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid, Heavy whipping cream (Cream, sugar, mono and diglycerides, carrageenan, vanilla), half and half, arrowroot, water, Parmesan (Grated Parmesan Cheese (pasteurized par-skim milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), salt, white ground pepper, canola/olive oil blend, shrimp, imitation crab (Pollock, water, snow crabmeat, egg white, minn (rice wine), potato starch, wheat starch, modified food starch, contains 2% or less of the following: salt, sugar, sorbitol, natural and artificial flavors, soybean oil, soy protein isolate, calcium carbonate, sodium tripolyphosphate, paprika, color added), garlic, broccoli, mushrooms, zucchini, green peas, tomatoes, pea pods, parsley, basil

Seafood Muffin
Seafood Muffin, 7g-8g Oil, Hot dog buns (enriched wheat flour (wheat, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners (sodium stearoyl lactylates, monoglycerides, calcium propionate (mold inhibitor), calcium sulfate, ammonium chloride, calcium peroxide, ascorbic acid mononitrate), grated gouda cheese, minced lobster meat, imitation crab meat, celery, green onions, lemon juice, mayonaise (Mayonnaise). Soybean Oil, Cream Soup, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, and Calcium Disodium EDTA (advised to protect flavor), half and half

Seafood Swell With Coconut
Cranberry rice blend, rice, yellow pepper, red and Andouille Gumbo
Cranberry rice blend, rice, yellow pepper, red and Andouille Gumbo

Seafood Shrimp and Andouille Jambalaya
Cranberry rice blend, rice, yellow pepper, red and Andouille Gumbo

Seafood Shrimp and Pork Stir Fry
Cranberry rice blend, rice, yellow pepper, red and Andouille Gumbo

Seafood Shrimp Bandiera Pasta
coriander oil, garlic, onion, andouille sausage, pepper, shrimp, onions tomatoes, water, heavy cream (cream, sugar, monoglycerides, carrageenan, vanilla), green onions, salt, black pepper, vermicelli pasta (Durum Semolina, NaCl, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose

Seafood Shrimp and Pork Stir Fry
Cranberry rice blend, rice, yellow pepper, red and Andouille Gumbo

Seafood Shrimp Bandiera
Shrimp, garlic, onion, celery, vegetable oil, salt, thyme, bay leaves, parsley, tomatoes, tomato sauce (tomato concentrate (tomato paste (tomato paste, salt, citric acid)), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper powder, paprika, Worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili powder, caramel color, garlic, autolyzed yeast extract, onion, monocalcium phosphate, asparagine), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), green peppers, red peppers, chili powder, gumbo file spice, corn starch, shrimp, pork loin stir fry strips, fresh cilantro

Seafood Shrimp Fried Rice
Long grain rice, water, shrimp, vegetable oil, garlic, green onions, mushrooms, red bell peppers, green peppers, egg, white ground pepper, soy sauce (Soy Sauce, Sugar, Sodium Benzoate less than 1/10 of 1% as a Preservative)

Seafood Shrimp Kabob
Yellow onions, garlic, extra virgin olive oil, black pepper, old bay seasoning (celery salt (salt, celery seed), spices (including mustard, red pepper, black pepper, bay (laurel) leaves, cloves, allspice (pimento), ground mace, salt, cinnamon, clove (cinnamon) and paprika), low sodium soy sauce (soy sauce, water, raisins, sugar, salt, mustard seed, vinegar, spices, and flavorings), canola oil), lemon juice, cayenne pepper, salt, white pepper, dried thyme, fresh cilantro, red bell peppers, green onions, garlic, black pepper, water,

Seafood Spicy Peel and Eat Shrimp
Easy peel shrimp, spice creole, old bay seasoning

Seafood Stirfied Bass Nicasio
Catch of the Day, kalama olives (Kalama Olives Pitted, Water, Salt, Vinegar, Olive Oil), chives, parsley, roma tomatoes, shallots, basil, sherry cooking wine, French cut green beans, balsamic vinegar, dijon mustard, wine, vegetable oil, vinegar, mustard seed, white wine, fruit peel, citric acid, tartaric acid, sugar, spice, canola/olive oil blend, yellow and gold potatoes

Seafood Stechinni Italiano
Sesame oil blend, garlic, cooking sherry, cider vinegar, soy sauce (water, soybeans, wheat, salt, sodium benzoate), ketchup (tomato concentrate (made from red ripe) tomatoes, high fructose corn syrup, vinegar, corn syrup, salt, spices, onion powder, natural flavor), caesar dressing, pepper ground, ginger, comstarch, water, eggs, fresh sole fillets, green onions

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Seeds, Fish, Shellfish, Wheat, Soy

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk

Shellfish, Soy, Fish, Milk
Seafood Entrees

Tuna Noodle Casserole

extra wide egg noodles (Durum Samolina, Durum Flour, Egg Yolk, NaCl, Ferrous Sulfate (Iron)), Thiamine Mononitrate, Riboflavin, Folic Acid, Whey, free margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, xanthan gum, modified food starch (enriched bleached wheat flour (niacin, iron reduced), thiamin mononitrate, riboflavin, folic acid), malted barley flour), 2% milk, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), tabasco sauce (distilled vinegar, red pepper, salt), sauté, ground white pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, autolyzed yeast extract, onion, potato, garlic, natural flavors), canned tuna, fresh lemon juice, canned diced pimientos, canned mushrooms, water

Wheat, Soy, Milk, Fish, Egg

Tuna Salad

tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, dextrose, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dextrose, sugar, vinegar, water, spices, xanthan gum, yellow 5, sulfite-preserved, soy), mayonnaise (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy)

Fish, Soy, Egg

Tuna Salad Stuffed Tomato

tuna salad (White Tuna, Salad Dressing (Soybean Oil, Water, Vinegar, Sugar, Egg Yolks, Sautéd, Mustard Flour, Salt, Paprika, Spice, Natural Flavor (May Contain Soy), Dextrose), Celery, Onions, Salt, Pepper, Sweet and Sour Flavoring, Salt, Pepper, Salt, Sugar, Acid, Salt, Hydrolyzed (corn, wheat and soy proteos, yeast extract, onion, beef, natural flavors, whey, egg, flavor, caramel color, disodium inosinate, disodium guanylate, lactic acid, dextrose, onion powder, natural flavors, annatto, enzymes, emulsifiers, thickeners, calcium lactate and acid), tomatoes, lettuce)

Fish, Eggs, Soy

Vegetable Shrimp Teriyaki

Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Yeast, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, water chestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil

Alcohol, Soy, Shelf life, Wheat

Seafood Entrees

Whitetfish w/ Spinach and Carrots

tomatoes (tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose

Wheat, Soy

Seafood Entrees

Tuna Salad

Tuna Salad

tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, dextrose, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dextrose, sugar, vinegar, water, spices, xanthan gum, yellow 5, sulfite-preserved, soy), mayonnaise (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy)

Fish, Soy, Egg

Vegetable Shrimp Teriyaki

Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Yeast, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, water chestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil

Alcohol, Soy, Shelf life, Wheat

Seafood Entrees

Whitetfish w/ Spinach and Carrots

tomatoes (tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose

Wheat, Soy

Seafood Entrees

Tuna Salad

Tuna Salad

tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, dextrose, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dextrose, sugar, vinegar, water, spices, xanthan gum, yellow 5, sulfite-preserved, soy), mayonnaise (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy)

Fish, Soy, Egg

Vegetable Shrimp Teriyaki

Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Yeast, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, water chestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil

Alcohol, Soy, Shelf life, Wheat

Seafood Entrees

Whitetfish w/ Spinach and Carrots

tomatoes (tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose

Wheat, Soy

Seafood Entrees

Tuna Salad

Tuna Salad

tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, dextrose, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dextrose, sugar, vinegar, water, spices, xanthan gum, yellow 5, sulfite-preserved, soy), mayonnaise (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy)

Fish, Soy, Egg

Vegetable Shrimp Teriyaki

Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Yeast, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, water chestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil

Alcohol, Soy, Shelf life, Wheat

Seafood Entrees

Whitetfish w/ Spinach and Carrots

tomatoes (tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose

Wheat, Soy

Seafood Entrees

Tuna Salad

Tuna Salad

tuna, salad dressing (soybean oil, water, vinegar, sugar, egg yolks, dextrose, salt, mustard flour, paprika, spice, natural flavor (may contain soy), dextrose, sugar, vinegar, water, spices, xanthan gum, yellow 5, sulfite-preserved, soy), mayonnaise (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy), valley dressing (soybean oil, high fructose corn syrup, distilled vinegar, water, salt, spices, xanthan gum, alium, pepper, natural flavors, sugar gum, yellow 5, sulfite-preserved, soy)

Fish, Soy, Egg

Vegetable Shrimp Teriyaki

Shrimp, yellow onions, garlic, sugar, sherry cooking wine, ginger, soy sauce (Wheat, Soybeans, Yeast, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), water, cornstarch, green peppers, water chestnuts, red bell peppers, green onions, pea pods, celery, vegetable oil

Alcohol, Soy, Shelf life, Wheat

Seafood Entrees

Whitetfish w/ Spinach and Carrots

tomatoes (tomato puree (water, tomato paste), contains less than 2% of: salt, vegetable oil, potato starch, yeast extract, MSG, flavoring, beef flavor, onion powder, caramel color, dehydrated garlic, dextrose

Wheat, Soy
Soups

**Navy Bean Soup**
- dried navy beans, vegetable (soy) oil, onions, carrots, celery, water, soup base mirepoix (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, tomato paste, tomato paste, tomato paste, celery, water, salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper, whey free margarline (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, monoglycerides, artificial flavors, beta carotene, vitamin A palmitate), all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour)
- Soy, Wheat

**New England Clam Chowder**
- whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, garlic, celery, bay leaves, thyme, onions, bread flour (Wheat Flour, Malted Barley Flour, Nicin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), chicken broth from base, water, thyme, parsley, salt, dehydrated onion, dehydrated garlic, cumin, chili powder, paprika, spices, water, natural flavoring, black pepper, parsley, egg
- Soy, Wheat, Shelf life, Milk

**Oriental Chicken Soup**
- chicken stock (onion, celery, carrots, chicken broth, water, parley, peppercorn, bay), chicken thigh, salt, black pepper, ground ginger, canned bean sprouts, mushrooms, fine egg noodles (Durum Semolina, Durum Egg Yolks, Nicin, Ferrous Sulfate (Iron), Thiamine Mononitrate,Riboflavin, Folic Acid), green pepper strips, green onions, celery, spinach, fresh spinach strips, chinese cabbage strips
- Milk, Wheat, Soy, Egg

**Oriental Vegetable Soup**
- water, vegetable "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), spinach, Chinese cabbage, green pepper, onion, celery, mushrooms, bean sprouts, ginger, garlic powder, black pepper, fine egg noodles (Durum Semolina, Durum Egg Yolks, Nicin, Ferrous Sulfate (Iron), Thiamine Mononitrate,Riboflavin, Folic Acid), green pepper strips, green onions, celery, spinach, fresh spinach strips, chinese cabbage strips
- Milk, Wheat, Soy, Egg

**Parmesan Potato Soup**
- 1 3/4 cups, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn, corn oil, autolyzed yeast extract, onion, malt acid, natural flavors), clam base (Clams, salt, monosodium glutamate, sugar, butter (sweet cream, salt), dehydrated potato, artificial flavor, hydrogenated corn gluten, onion powder, cold water, spice, natural flavoring, annatto), white pepper, parsley
- Soy, Wheat

**Russian Chicken Soup**
- chicken thighs, chicken broth, water, onion, celery, carrots, potatoes, heavy whipping cream (Cream, sugar, monoglycerides, carrageenan, vanillin), soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malt acid, natural flavors), parmesan cheese, potato
- Soy, Wheat, Alcohol

**Pennsylvania Dutch Chicken Soup**
- chicken thighs, cubes, margin (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, monoglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, carrots, celery, red pepper, green pepper, red pepper, white pepper, salt, pepper, black pepper, rainbow chilies, cilantro
- Milk, Soy, Wheat

**Pepper Pot Soup**
- whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, soybean lecithin, monoglycerides, artificial flavors, beta carotene, vitamin A palmitate), onions, carrots, celery, green pepper, red pepper, green pepper, garlic, salt, pepper, black pepper, vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring)
- Soy, Wheat, Milk

**Potato Leek Soup**
- soup base mirepoix (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), white pepper, salt
- Soy, Wheat

**Potato, Spinach, and Tomato Soup**
- carrots oil blend, garlic, yellow onion, water, mirepoix soup base (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), potato, diced tomatoes, nutmeg, black pepper, spinach
- Soy, Wheat, Milk

**Red Pepper and Fennel Soup**
- red peppers, garlic, onions, whey free margarine (Partially hydrogenated soybean oil, water, salt, soybean lecithin, monoglycerides, artificial flavors, beta carotene, vitamin A palmitate), bread flour (Wheat Flour, Malted Barley Flour, Nicin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), thyme, white pepper, bay leaves, vegetarian "chicken" base, salt, maltodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring, fennel, half and half, red cooking wine
- Soy, Wheat, Wheat

**Ruby Lettuce Soup**
- vegetable oil, onions, celery, carrots, garlic, tomatoes, water, green lentils, red cooking wine, parsley, black pepper, ground cloves, soup base mirepoix (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), granulated sugar
- Soy

**Salmone Chowder**
- water, lemons, salmon fillets, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, contents in a bag (Cuts of salmon, salt, monosodium glutamate, sugar, butter (sweet cream, salt), dehydrated potato, artificial flavor, hydrogenated corn gluten, onion powder, cold water, spice, natural flavoring, annatto), white pepper, parsley
- Fish, Soy, Wheat, Milk

**Shrimp and Corn Soup**
- corn oil, olive blend, garlic, onion, green peppers, red peppers, shrimp, salt, sugar, cayenne pepper, cumin, diced tomatoes, tomato puree, white kernel corn, water, cornstarch, cilantro, parsley, green onions
- Shrimp

**Smoked Salmon Chowder**
- bacon, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, pinkape, celery, carrots, onions, garlic, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), clam juice, 2,5% milk, heavy whipped cream (Cream, sugar, monoglycerides, carrageenan, vanilla), potatoes, smoked salmon, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrogenated soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malt acid, natural flavors), cayenne pepper, white pepper, salt, parsley
- Soy, Wheat, Shelf life, Milk, Fish

**Southwestern Bean Soup**
- black bean, vegetable (soy oil), yellow onion, carrots, celery, red peppers, green peppers, garlic, water, mirepoix base (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), chili powder, diced tomato, garlic, beans, corn, green chilies, cilantro
- Soy

**Soybean Salad**
- soybean sesame oil, shiitake mushrooms, ginger, water, white pepper, miso broth (water, ginger, mushrooms, soy sauce, sugar, green onion, red miso paste, salt), tofu, soy sauce (water, soybeans, water, salt, sodium benzoate), spinach, green onions
- Soy, Seeds, Wheat

**Split Pea and Ham Soup**
- green split peas, onions, buffet ham, ham base (Smoked Ham Ground and Formed (cured with water, salt, sodium lactate, natural hickory smoke flavor, corn syrup, dextrose, sodium phosphates, sodium dodecylate, sodium erythorbate, sodium nitrile), Monosodium Glutamate, Sugar, Dextrose, Modified Cornstarch, Natural Flavors, Hydrolyzed Soy and Corn Proteins, Corn Oil, Yeast Extract, Water, Modified Potato Starch, Spices), salt
- Soy

**Split Pea Soup**
- split peas, yellow onions, carrots, celery, vegetable (soy oil) parsley, basil, thyme, salt, black pepper, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrogenated soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malt acid, natural flavors), tabasco sauce (Aged cayenne red peppers, vinegar, water, salt, and garlic powder), chili powder, diced tomato, garlic, beans, corn
- Soy

**Tofu Soup**
- spinach, garlic, yellow onion, canola oil/olive oil, tomato puree, water, mirepoix base (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), long grain rice, sugar, black pepper, BBQ Sauce (Water, sugar, tomato paste, molasses, distilled vinegar, modified corn starch, salt, seasoning (salt, hydrolyzed soy protein, tapioca starch, onion and garlic powders, spices, caramel color, spice extracts), natural smoke flavor, mustard flour, caramel color, dried onion, potassium sorbate and sodium benzoate (preservatives), dried garlic, chili powder, xantham gum, red pepper)
- Soy, Wheat

**Tomato Rice Soup**
- water, soup base mirepoix (Sauoted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), tomato puree, diced tomatoes, green onions, onions, green pepper, long grain rice, sugar, black pepper, vegetable oil, bread flour (Wheat Flour, Malted Barley Flour, Nicin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid)
- Soy, Wheat
Soups

- Tuscan Bean Soup
  - water, navy beans, potatoes, rosemary leaves, oregano leaves, carano oil, olive oil, onions, leeks, garlic, carrots, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), tomatoes, lemon juice (water, concentrated lemon juice, sodium benzoate), salt, granulated sugar, soup mirepoix base (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), rice, parsley

- Turkey Noodle Soup
  - yellow onions, celery, white free margarine (Partially hydrogenated and fully refined soybean oil, water, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), water, turkey, soup base (Roasted Turkey and Turkey Juices, Salt, Sugar, Turkey Flavor (contains Maltodextrin, Autolyzed Yeast, Torula Yeast, Lipoloypered Butter Oil, Spice Extractives, Disodium Inosinate, Disodium Guanylate), Dried Sweet Whey, Chicken Fat, Flavor (Autolyzed Yeast Extract, Corn Syrup Solids, Salt, Citric Acid), Onion Powder, Garlic Powder, Disodium Inosinate, Disodium Guanylate, Dextrose, Tumeric, Caramel Color, Natural flavors), white pepper, parsley

- Vegetable Andalucian Bean w/Almond Soup
  - vegetable oil, flavor, yeast extract, natural flavoring, potato starch and agar, parsley, green onions

- Vegetable Tomato Soup
  - water, canned tomato soup (Tomato Puree (Water, Tomato Paste), Water, High Fructose Corn Syrup, Wheat Flour, Salt, Vegetable Oil (Corn, Cottonseed, Canola and/or Soybean), Flavoring, Ascorbic Acid (Added to help retain color and Citric)

- Vegetable Barley Soup
  - barley, water, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), carrots, celery, onions, red pepper, salt, green cabbage, salt, peas

- Vegetable Noodle Soup
  - water, worcestershire sauce (Worcestershire Sauce {Tomato Paste, Soy Sauce, Water, Salt, Natural Flavors, Spices}), chicken broth, onion, celery, carrots, potatoes, green beans, peas, parsley

- Vegetable Rice Soup
  - water, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), carrots, celery, onions, diced tomatoes, salt, green beans, peas, parsley

- Vegetable Soup Cn
  - potatoes, Beef Stock, Tomato Paste (Tomato Puree (Water, Tomato Paste), Salt, Sugar, Beef Broth, Chicken Broth, Carrots, Celery, Parsley, Onion, Chicken Flavored Powder, Salt, White Pepper, Oregano, Basil, Dextrose, Spices, Natural Flavors), white vinegar

- Vegetable Soup
  - water, tomatoes sauce (distilled vinegar, red pepper, salt), soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), salt, black pepper, onions, celery, diced tomatoes, potatoes, corn, green cabbage, vegetable oil, peas

- Vegetable Soup with Basil
  - water, basil, onion, tomatoes, garlic, carrots, zucchini, tomatoes, salt, black pepper, basil

- Vegetarian Borscht Soup
  - vegetable (soy) oil, yellow onions, garlic, mirepoix base (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), water, bay leaves, parsley, carrots, green cabbage, diced tomato, sugar, lemon juice, beets, salt, black pepper

- Vegetarian Chloibo
  - yellow onions, carrots, celery, white free margarine (Partially hydrogenated and fully refined soybean oil, water, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), water, soup base mirepoix (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), carrots, celery, onions, red pepper, salt, green cabbage, salt, peas

- Vegetarian Minestrone
  - navy beans, water, vegetarian “chicken” base (salt, maltodextrin from corn, sugar, dextrose, wheat dextrin, disodium inosinate, disodium guanylate, tumeric, natural flavors), garlic, onion, canola oil, olive oil, salt, sugar, white pepper, oregano, basil, carrot, long grain rice, diced tomatoes, parsley

- Vegetable Tuscan Bean Soup
  - water, dried navy bean, dried navy beans, rosemary, oregano, carano oil/vegetable blend, yellow onions, leeks, garlic, carrots, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), diced tomato, lemon juice, black ground pepper, salt, sugar, mirepoix base (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, flavor, yeast extract, natural flavoring, potato starch and agar), carrots, celery, onions, diced tomatoes, potatoes, corn, green cabbage, vegetable oil

- Broccoli Raisin Salad
  - bacon, broccoli, raisins, green onions, mayonnaise (Soybean Oil, Water, Corn Syrup, Egg Yolks, Cider Vinegar, Salt, and Calcium Disodium EDTA (added to protect flavor)), granulated sugar, white vinegar

- Caesar Salad
  - Romaine lettuce, mayonnaise (Soybean Oil, Water, EtOH, high fructose corn syrup, water, buttermilk, egg yolks, garlic powder, onion powder, black pepper, dextrose, salt, white vinegar, vegetable oil), parmesan cheese, parsley

- Chicken Pasta Salad
  - broken breast cubes, chicken salad, romaine lettuce, macaroni salad, macaroni salad, white vinegar, olive oil, feta cheese, feta cheese, croutons, chicken, parsley, dill, parsley

- Corn Salsa
  - whole kernel corn, roasted red peppers, roasted green peppers, jalapeno peppers, lime juice, garlic, cumin, salt, ground black pepper, fresh cilantro, minced parsley

- Creamy Colelaw
  - green cabbage, carrots, salad dressing (soybean oil, water, vinegar, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, fructose, paprika, spice, natural flavor, dried garlic), tarter vinegar, granulated sugar, salt, white pepper, dry mustard, celery seed

- Cucumber and Tomato Salad
  - cucumber, green onions, tomatoes, cucumbers, green peppers, apple cider vinegar, vegetable (soy) oil, salt, black pepper

- Damcadole
  - water, jalepeno puree (white vinegar, jalapenos peppers), dehydrated onion, salt, granulated garlic, erythobic acid, sugar, citric acid

- Daquacomo
  - water, mayonnaise, olive oil, high fructose corn syrup, water, onion powder, black pepper, dextrose, salt, white vinegar, vegetable oil

- Jicama Slaw w/ Lime
  - jicama, carano oil/vegetable oil, lime, apple cider vinegar, salt, black pepper, sugar, cilantro

- Macaroni Pasta Salad
  - elbow macaroni (durum semolina, macaroni, ferrous sulfate iron), thamline mononitrate, riboflavin, folic acid), eggs, celery, onions, pimentos, salt, green peppers, black peppers, sweet pickle relish, cider vinegar, salad dressing (soybean oil, water, vinegar, modified food starch, egg, salt, sugar, white vinegar, white pepper, dextrose, salt, white vinegar, vegetable oil)

- Macaroni Tuna Salad
  - medium shell pasta (durum semolina, macaroni, ferrous sulfate iron), thamline mononitrate, riboflavin, folic acid), eggs, celery, onions, salt, white pepper, sweet pickle relish, tuna, salad dressing (soybean oil, water, high fructose corn syrup, sugar, egg yolks, modified food starch, salt, fructose, paprika, spice, natural flavor, dried garlic)

Winter Ingredients List 2010

- Beef
  - wheat

- Chicken
  - wheat, egg

- Egg
  - wheat, soy

- Fish
  - wheat, egg

- Peanut Products
  - wheat, soy

- Soy
  - wheat, egg

- Wheat
  - wheat, egg

- Milk
  - wheat, egg
Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dichydrogen Phosphosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.

Soy, Seeds

Starches and Legumes

French Fries
Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dichydrogen Phosphosphate, Sodium Bicarbonate), Dextrose, Xanthan Gum.

Soy, Seeds

Starches and Legumes

Fried Plantains
plantains

Starches and Legumes

Garbanzo Beans
Prepared garbanzo beans, water, salt, disodium EDTA added for color retention.

Starches and Legumes

Garden Rottn Pasta
semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid

Wheat

Starches and Legumes

Garlic Wrapped Potatoes
garlic, 2% milk, white pepper, salt, instant mashed potatoes (Potatoes, mono & diglycerides, ascorbic acid, calcium stearoyl-2-lactate, sodium bisulfite, BHT)

Milk

Starches and Legumes

Garlicy Mashed Potatoes
garlic, milk, white pepper, salt, instant mashed potatoes (Potatoes, mono & diglycerides, ascorbic acid, calcium stearoyl-2-lactate, sodium bisulfite, BHT)

Milk

Starches and Legumes

Garlicky Mashed Potatoes
sweet potatoes, dry active yeast, natural flavoring, potato flakes, water, salt, white pepper, salt, garlic powder, onion powder

Soy

Starches and Legumes

Garlicky Mashed Potatoes
mashed potatoes, dry active yeast, yeast extract, vegetable broth, potato flakes, milk, salt, water, white pepper, garlic powder

Soy

Starches and Legumes

Great Northern Beans
White beans, water, salt, calcium chloride, disodium EDTA

Milk, Wheat

Starches and Legumes

Hash Browns
potatoes, soybean oil, salt, black pepper

Soy

Starches and Legumes

Homemade Mashed Beams
britt pinto beans, vegetable (soy) oil, salt, black pepper, chili powder, cumin, mild salsa

Soy

Starches and Legumes

Home Fries
vegetable (soy) oil, potatoes, salt, white pepper

Soy

Starches and Legumes

Honey Glazed Sweet Potatoes
raisins, honey, vegetable oil, salt, cinnamon, nutmeg, white pepper, unsalted butter

Milk

Starches and Legumes

Hot German Potatoes
red potatoes, caraway seeds, yellow onions, green onions, mustard, white pepper, apple cider vinegar, sugar, salt, paprika, parsley

Seeds

Starches and Legumes

Irish Dumplings
all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), modified barley flour), baking powder, salt, egg, milk, parsley, white pepper

Wheat, Milk, Egg

Starches and Legumes

Italian Seasoned Vermicelli Noodles
vermicelli (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), garlic, black pepper, canola oil; parsley, salt

Starches and Legumes

Kidney Beans, red
Prepared dark red kidney beans, water, sugar, salt, sodium chloride and disodium EDTA added for color retention.

Starches and Legumes

Lemon Parsley Rice
lemons rind, long grain rice, water, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfite, lemon oil), onions, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, artificial flavoring, potato starch and agar), salt, white pepper, origano, parsley

Wheat

Starches and Legumes

Lingui Noodles
Semolina, Durum Flour, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid

Wheat

Starches and Legumes

Lone Star Rice
carolina long grain rice, yellow rice, garlic, jalapeno, green peppers, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, white pepper, origano, parsley

Seeds, Wheat

Starches and Legumes

Long Grain Rice
long grain rice, water, salt

Starches and Legumes

Lyonaise Potatoes
potatoes, onions, vegetable (soy) oil

Soy

Starches and Legumes

Macaroni Pasta
semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid

Wheat

Starches and Legumes

Marshmallow Mashed Sweet Potatoes
sweet potatoes, dry active yeast, rice flour, tapioca dextrin, vegetable broth, white pepper, natural flavor (including annatto, tumeric), salt, liquid smoke flavor, caramel color, soya lecithin, celtic sea salt

Seeds, Wheat

Starches and Legumes

Mashed Sweet Potatoes
sweet potatoes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, allspice, nutmeg, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), powdered cellulose

Milk, Wheat

Starches and Legumes

Mexican Rice
vegetable (soy) oil, long grain rice, yellow onions, garlic, green peppers, salt, tomato paste, water, chili powder

Soy

Starches and Legumes

Mostaccioli Pasta
Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid

Wheat

Starches and Legumes

Nacho Cheese Tortilla Chips
Whole Grain Corn, Sunflower Oil and/or Corn Oil, Salt, Cheddar, Romano, and Parmesan Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes), Whey, Colored Baked Wheat Flour (Wheat Flour, Dextrin, Sugar, Caramel Color), Tomato Solids, Monosodium Glutamate, Onion and Garlic Powder, Natural and Artificial Flavor, Artificial Color (including Annatto, Paprika, Tumeric, and Yellow #6), Citric Acid, Spices, Disodium Inosinate and Disodium Guanylate.

Seeds, Milk, Wheat

Starches and Legumes

O'Brien Potatoes
green pepper, pimentos, yellow onions, salt, white pepper, vegetable, potato (soy) oil

Soy

Starches and Legumes

Orange Rice
fresh orange rind, orange juice, long grain rice, mirepoix base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, onion, vegetable (soy) oil

Soy

Starches and Legumes

Orzo and Bulgar Pilaf
carolina long grain rice, orzo pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), garlic, green onion, bulgar, mirepoix soup base (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), rosemary, basil, parsley

Wheat, Milk

Starches and Legumes

Orzo with Basil and Parmesan
dried pasta (Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid;), canola/oil olive blend, garlic, basil, lemon, salt, black pepper, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose

Milk, Wheat

Starches and Legumes

Oven Browned Potatoes
potatoes, vegetable (soy) oil, salt, paprika

Soy

Starches and Legumes

Oven Roasted Garlic Potatoes
red skin potatoes, garlic, black pepper, salt, dried rosemary, canola oil, olive oil

Soy

Starches and Legumes

Prepared garlic potatoes, 2% milk, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavors, beta carotene, vitamin A palmitate), brown sugar, allspice, nutmeg, swiss cheese (Part-skim milk, cheese culture, salt, enzymes), powdered cellulose, green onions

Milk, Soy
<table>
<thead>
<tr>
<th>Category</th>
<th>Ingredients</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starches and Legumes</td>
<td>Personal Fresh Whipped Potatoes: potato, 2% milk, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), salt, white pepper, butter (cream, salt), nutmeg.</td>
<td>Milk, Soy, Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Pinto Beans with Parsley &amp; Garlic: dried pinto beans, yellow onions, garlic, bay leaves, black pepper, salt, carola/oil olive, apple cider vinegar, salt, garlic, tomatoes, parsley.</td>
<td>Seeds</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Potato Chips: Potatoes, Sunflower Oil, and Salt</td>
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</tr>
<tr>
<td>Starches and Legumes</td>
<td>Potatoes with Parsley: potatoes, parsley</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Pretzels: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Corn Syrup, Corn Oil, Yeast, Malt Extract, Sodium Bicarbonate, Ammonium Bicarbonate, and Artificial Flavor.</td>
<td>Soy, Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Rajas: red chili beans, jalapeno peppers, garlic, cumin, chili powder, coriander, salt.</td>
<td></td>
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<tr>
<td>Starches and Legumes</td>
<td>Redskin Potatoes: redskin potatoes</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Redskin Potatoes with Herbs &amp; Cream: redskin potatoes, half &amp; half (Milk, cream, dipotassium phosphate), garlic, rosemary, green onion, salt, white pepper, butter.</td>
<td>Milk</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Rice Noodles: Rice flour, water</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Rice Puff: long grain rice, soy (soy oil), mushrooms, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), water, green onions</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Pinto Beans Burrito Station: pinto beans, mirepoix soup base (Sauted vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), garlic, chili powder, onion powder</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Roasted Potato Duo: carola olive oil, salt, black pepper, Idaho potatoes, sweet potatoes</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Rotini Pasta: Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.</td>
<td>Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Hulftes Potato Chips: Potatoes, vegetable oil (contains one or more of the following: corn, cottonseed, or sunflower oil), and salt. No preservatives.</td>
<td>Seeds</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Savory Rice: long grain rice, water, onions, vegetable (soy) oil, mushrooms, celery, worcestershire sauce (water, distilled vinegar, high fructose corn syrup), salt, contains less than 2% of hydroxyl soy protein, spice, dextrose, milk, tomato, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors, white pepper, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar)</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Scalloped Potatoes: potatoes, margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, mono and diglycerides, artificial flavor, beta carotene, vitamin A palmitate), onions, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Acetic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), 2% milk, salt, white pepper</td>
<td>Milk, Soy, Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Seasoned Curly Fries: Potatoes, Vegetable Oil (May Contain One or More of the Following: Carola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Modified Food Starch, Spices, Cilantro, Onion Powder, Leavening (Disodium Dihydrogen Phosphate, Sodium Bicarbonate), Natural Flavor, Colored with Oleoresin Paprika, Dextrose.</td>
<td>Soy, Wheat, Seeds</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Seasoned Redskins: redskin potatoes, vegetable (soy) oil, salt, granulated sugar, paprika, celery salt, nutmeg, garlic powder, onion powder, dry mustard</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Seaseased Verricelli: Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid, garlic, black pepper, carola/oil olive, parsley, salt</td>
<td>Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Shells Macaroni Pasta: Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid.</td>
<td>Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Shoestring Fresh Fries: Shoestring Fresh Fries (Potatoes, Vegetable Oil (May Contain One or More of the Following: Carola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil), Modified Food Starch, Rice Flour, Dextrin, Salt, Leavening (Disodium Dihydrogen Phosphate, Sodium Bicarbonate), Dextrin, Xanthan Gum), Carola Oil and Corn Oil with TBHQ and Citric Acid added to protect flavor and Dimethylpolysiloxane, an anti-foaming agent added.</td>
<td>Soy, Seeds</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Smashed Onion &amp; Garlic Potatoes: potato, unsalted butter, onion, garlic, salt, pepper, sour cream (Sour cream milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, carob bean gum and polysorbate sorbitol)</td>
<td>Mik</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Smashed Potatoes: red potatoes, salt, white pepper, butter (cream, salt)</td>
<td>Mik</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>South American Rice: redskin potatoes, vegetable (soy) oil, salt, granulated sugar, paprika, celery salt, nutmeg, garlic powder, onion powder, dry mustard</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Southern Style Potatoes: carola oil, olive oil, salt, black pepper, potatoes</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Southwest Rice: onions, red peppers, jalapeno peppers, vegetable (soy) oil, long grain rice, water, soup base mirepoix (Sauteed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn oil, autolyzed yeast extract, natural flavoring, potato starch and agar), salt, tomatoes, cilantro, parsley</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Spaghetti Noodles: Durum Semolina, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid.</td>
<td>Wheat</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Spaghetti: grill shortening, spaghetti dumplings (Water, enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), whole egg, enriched durum flour (durum wheat flour, ricein, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), 100% whole wheat pasta, rich in niacin, thiamine mononitrate, riboflavin, folic acid), 100% whole wheat pasta</td>
<td>Wheat, Egg</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Spicy Black Beans: dried black beans, yellow onions, green peppers, garlic, bay leaves, coriander, salt, cayenne pepper, black pepper</td>
<td></td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Steak Fries: Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil, dextrin, sodium acid pyrophosphate added to preserve natural color.</td>
<td>Soy, Seed</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Stewed Black Eyed Peas: dried black eyed peas, vegetable (soy) oil, yellow onions, carrots, celery, garlic, tomato, salt, black pepper, cayenne pepper</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Sweet Potatoes w/ Marshmallows: sweet potatoes, salt, brown sugar, white free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin, Sodium benzoate added to help preserve freshness, Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added), mini marshmallows (Corn Syrup, Sugar, Modified Food Starch (Corn), Dextrin, Water, Gelatin, Natural and Artificial Flavor, Tetrasodium Pyrophosphate, Blue 1)</td>
<td>Soy</td>
</tr>
<tr>
<td>Starches and Legumes</td>
<td>Sweet Potato Fries: Oli, Sweet Potatoes, Vegetable Oil, (Soybean And/Or Canola), Water. Contains 2% or less of Artificial Flavor, Beta Carotene, Caramel Color, Corn Starch, Enriched Bleached Wheat Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Guar Gum, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Modified Food Starch, Partially Hydrogenated Soybean Oil, Rice Flour, Salt, Sugar, Tapica Dextrin.</td>
<td>Soy</td>
</tr>
</tbody>
</table>
Enriched limed corn (limed corn, niacin, iron, thiamin mononitrate, riboflavin, folic acid), vegetable oil blend (palm oil, partially hydrogenated * [corn or soybean oil]), Soy, Seeds

Potatoes, vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), salt, natural flavor, dextrose, sodium acid pyrophosphate added to preserve natural color, Wheat, Soy

Whole White Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, or Soybean Oil), and Salt, Seeds, Soy

Peaches, nuts, canola oil, water, calcium carbonate, dextrose, natural flavor, citric acid, maltodextrin, natural color, artificial flavors, Soy, Wheat

Vegetable oil (contains one or more of the following: canola oil, soybean oil, cottonseed oil, sunflower oil, corn oil), natural flavor, dextrose, sodium acid pyrophosphate added to preserve natural color, Milk, Egg

Soy, Seeds

Baked beans, water, corn, salt, natural flavor, dextrose, sodium acid pyrophosphate (preserves color), wheat, Soy, Seeds

Durum Semolina, ferrus sulfate, niacin, thiamin, mononitrate, riboflavin, folic acid, Wheat, Soy

Whole Wheat Flour, Durum Whole Wheat Flour, Milk, Salt

Durum Semolina, ferrus sulfate, niacin, thiamin, mononitrate, riboflavin, folic acid, Wheat, Milk

Yellow Corn, Durum Semolina, ferrus sulfate, niacin, thiamin, mononitrate, riboflavin, folic acid, Wheat, Milk

rice, vegetarian chicken base (salt, maltodextrin from corn, corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, turmeric, natural flavoring), white pepper, onion powder, garlic powder, wheat, Milk

Jilt Pasta, Durum semolina, ferrus sulfate, niacin, thiamin mononitrate, riboflavin, folic acid, Wheat

Zucchini, salt, black pepper, green onions, lemon zest, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamine Mononitrate, Riboflavin, Folic Acid), Egg, garlic, canola oil

Acorn Squash Bake w/ Almonds, Acorn Squash, white bread (Enriched wheat flour [wheat flour, barley malt, niaacin, iron, thiamin mononitrate, riboflavin, folic acid], water, high fructose corn syrup, soybean oil, contains 2% or less: yeast, salt, dough conditioners [sodium stearoyl lactylate, monoglycerides, calcium peroxide], yeast nutrients [calcium sulfate, ammonium chloride], yeast extract [corn starch, calcium peroxide], yeast anti-caking agent [calcium carbonate, sodium aluminum sulfate], salt, natural flavor, dextrose, corn syrup solids, and partially hydrogenated soybean oil, artificial flavors, beta carotene, yellow and red whey, natural colors, and emulsifiers), Tree Nuts, Wheat, Soy

Quinoa, carrots, potatoes, red onion, garlic, rice, vegetable broth, cumin, salt, cilantro, minced garlic, natural flavor, and spices, Seeds

stuffed peppers with rice, eggplant, onion, bell pepper, rice, rice, vegetable broth, cumin, salt, cilantro, natural spices, and herbs, Seeds

Black beans, rice, pinto beans, salsa, cumin, onion, water, rice, black beans, dried red peppers, dehydrated onions, garlic, canola oil, water, vegetable broth, cumin, onion, rice, natural spices, and herbs, Seeds

Tortilla Chips, Great Northern Beans, Black Beans, water, vegetable oil (contains one or more of the following: canola oil, cottonseed oil, sunflower oil, corn oil), natural flavor, dextrose, sodium acid pyrophosphate added to preserve natural color, Soy, Seeds
Vegan Chili

corn oil, onions, celery, garlic, whole bay leaves, all purpose flour (Enriched bleached wheat flour (mucin, iron, reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour, chili powder, ground cumin, paprika, diced tomatoes, tomato puree, tomato paste, salt, threonine (a natural amino acid), butter (partially hydrogenated, dehydrated garlic, soap solution, milk), water, salt, dehydrated onion, dehydrated bell pepper, water, soup base minipox (Sautéed vegetables (carrots, onions, and celery), salt, sugar, maltodextrin (from corn), corn, cooked, yeast extract, natural flavors, potato starch and agar), granulated sugar, salt, red kidney beans, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucre Ace, onion powder, sugar, black pepper, arrowroot, cornstarch), black pepper

Vegan Chili Cornbread

corn, pepper, yellow onion, carrot, celery, salt, sugar, maltodextrin (from corn), corn, cooked, yeast extract, natural flavors, potato starch and agar), granulated sugar, salt, red kidney beans, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucre Ace, onion powder, sugar, black pepper, arrowroot, cornstarch), black pepper

Vegan Vegetable Stew

corn oil, garlic, onions, carrots, celery, zucchini, summer squash, green peppers, red peppers, orange zest, red wine vinegar, black pepper, arrowroot (starch), salt, maltodextrin, salt

Vegan Vegetable Jambalaya

corn oil, garlic, onions, celery, salt, sugar, maltodextrin (from corn), corn, cooked, yeast extract, natural flavors, potato starch and agar), granulated sugar, salt, red kidney beans, burger crumbles (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucre Ace, onion powder, sugar, black pepper, arrowroot, cornstarch), black pepper

Vegan Vegetable Fajitas

corn oil, garlic, onions, celery, zucchini, summer squash, peppers, red peppers, orange zest, red wine vinegar, black pepper, arrowroot (starch), salt, maltodextrin, salt

Vegan Vegetable Paella

dried black beans, v-8 juice (Tomato Juice Concentrate), Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Carrots, Celery, Beets, Parsley, Lettuce, Watercress, Spinach), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), South American Style, Chorizo, Citrus Acid, long grain rice, canola oil blend, garlic, carrots, red and green peppers, celery, onions, tofu (Water, GMO soybeans, tomato puree, tomato paste, salt, citric acid, paprika, black pepper, garlic, olive oil, salt, citric acid, water), vegetable broth, mushroom, tomato, green bean, onion, pepper, squash, tomato, pepper, corn, celery, onion, zucchini, summer squash, salt, red pepper flakes, onion powder, parsley, garlic, black pepper, sugar

Vegan Vegetable Paella w/ Tofu

corn oil, garlic, onion, carrots, celery, zucchini, summer squash, peppers, red peppers, orange zest, red wine vinegar, black pepper, arrowroot (starch), salt, maltodextrin, salt

Vegan Vegetable Pasty

corn oil, garlic, beans, peas, carrots, potatoes, vegetarian burger crumbs (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucre Ace, onion powder, sugar, black pepper, arrowroot, cornstarch), black pepper

Vegan Vegetable Pasty w/ Tofu

corn oil, garlic, beans, peas, carrots, potatoes, vegetarian burger crumbs (wheat gluten, soy protein concentrate, soybean oil, oligofructose, autolyzed yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, garlic powder, sucre Ace, onion powder, sugar, black pepper, arrowroot, cornstarch), black pepper

Vegan Vegetable Pastry

corn oil, olive oil, onions, garlic, carrots, celery, zucchini, summer squash, green peppers, eggplant, parsley, tomatoes, v-8 juice (tomato, creamers, celery, beets, parsley, lettuce, watercress and spinach), tomato paste (tomato paste, salt, citric acid), salt, black pepper, bay leaves

Vegan Vegetable Pastry w/ Tofu

corn oil, olive oil, onions, garlic, carrots, celery, zucchini, summer squash, green peppers, eggplant, parsley, tomatoes, v-8 juice (tomato, creamers, celery, beets, parsley, lettuce, watercress and spinach), tomato paste (tomato paste, salt, citric acid), salt, black pepper, bay leaves

Vegan Vegetable Pie

corn oil, olive oil, onions, garlic, carrots, celery, zucchini, summer squash, green peppers, eggplant, parsley, tomatoes, v-8 juice (tomato, creamers, celery, beets, parsley, lettuce, watercress and spinach), tomato paste (tomato paste, salt, citric acid), salt, black pepper, bay leaves
Vegetables Stir Fry with

- Vegetables Mostaccioli
  - diced, soy sauce (water, soybeans, wheat, salt, soybean bzoate), sesame oil, onions, garlic, ginger, water, sugar, five spice, red pepper, comstarch, vegetable oil, carrots, celery, red bell pepper, green pepper, mushrooms, pea pods, napa chinese cabbage, waterchestnuts, bamboo shoots

- Vegetable Mostaccioli
  - diced, burger crumble (wheat gluten, soy protein concentrate, soybean oil, dill/gofuscor, auized yeast extract, natural flavors from non-meat sources, black malt powder, salt, corn starch, gar lic powder, sucrose, onion powder, soybeans, salt, wheat, tomato powder, spices), onions, green pepper, tomatoes, tabasco sauce (distilled vinegar, red pepper, salt, worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt), contains less than 2% of hydrolys soy protein, cip, dextrose, chili powder, caramenol color, garlic, auized yeast extract, onion, maltic acid, nat ural flavors), salt, white pepper, bay leaves, water, tomato puree, tomato sauce (tomato concentrate (tomato paste, tomato paste, salt, citric acid), water), salt, dehydrated onion, dehydrated garlic, spice, natural flavor, dehydrated bell pepper), mostaccioli noodles (Durum Semolina, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid), pimentos

- White Bean and Potato Hash
  - carrots, olive oil, onions, garlic, potatoes, northern beans, salt, black pepper, parsley

- Whosa Imirho Patty
  - spinach, water, salt, jaipaneno pepper, yellow onions, white pepper, yellow commeal

- Asian Greens
  - vegetable (soy) oil, ginger, garlic, onions, black choy, sugar snap peas, spinach, chinese cabbage, green onions, black pepper, salt

- Asparagus Cuts and Tips
  - Asparagus

- Baby Carrots
  - baby carrots

- Baked Acorn Squash
  - acorn squash, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), brown sugar, ground cinnamon, salt, pure honey

- Baked Acorn Squash with Maple Syrup
  - acorn squash, maple syrup

- California Blend
  - broccoli, cauliflower, prindle cut carrots

- Vanned carrots
  - carrots

- Carried Peas
  - peas, water, sugar, salt

- Capn Blend
  - carrots, green beans, yellow squash, zuccinni

- Carrot Corns
  - carrots

- Cauliflower
  - cauliflower

- Cauliflower and Peas
  - cauliflower, peas

- Cauliflower Au Gratin
  - white free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), salt, white pepper, 2% milk, cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), frozen cauliflower, paprika

- Collard greens
  - collard greens

- Collard Greens w/ Smoked Ham
  - smoked ham hock, water, black pepper, gar lic powder, crushed red pepper, sugar, vegetarian "chicken" base (salt, mallodextrin from corn, sugar, dried whey, corn oil, onion powder, disodium inosinate, disodium guanylate, tumeric, natural flavoring), collard greens

- Corn on the Cob
  - sweet corn

- Corn with Cumin, Chile and Tomato
  - white kidney corn, garlic, cumin, canola/olive oil, yellow onion, jaipenoe, roma tomatoes, salt, cilantro

- Corn Style Corn
  - corn, water, sugar, modified food starch, salt

- Edamame
  - edamame

- French Cut Green Beans
  - green beans

- Fresh Aparagus Spears
  - asparagus, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)

- Fresh Cauliflower
  - cauliflower

- Fresh Pea Pods
  - pea pods

- Fresh Bloomed Broccoli
  - broccoli

- Glazed Baby Carrots
  - baby carrots, brown sugar, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)

- Green Bean Casserole
  - green beans, cream of mushroom soup (water, mushrooms, vegetable oil, corn oil, cottonseed oil, canola oil, soybean oil, modified food starch, wheat flour, cream (milk, salt, dried whey, monosodium glutamate, soy protein concentrate, yeast extract, spice extract, dehydrated garlic), salt, black pepper, fried vegetable onion rings (palm oil, wheat flour, onions, soy flour, salt, dextrose, Trho and citric acid)

- Green Beans
  - green beans

- Green Beans with Roasted Walnuts
  - vegetable (soy) oil, walnut pieces, balsamic vinegar, lamong, garlic, salt, black pepper, sugar, green beans

- Green Peas
  - green peas

- Grilled Corn on the Cob
  - sweet corn

- Grilled Japanese Vegetables
  - rice wine, sugar, soy sauce (water, soybean sa, wheat, salt, soybean bzoate), red risco paste, sesame oil, sesame seeds, yellow onion, japanes eggplant, zucchini, shiitake mushrooms

- Soy, Wheat, Seeds
<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Grilled Marinated Vegetables</th>
<th>carola/olive oil, balsamic vinegar, fresh rosemary, thyme, basil, oregano, garlic, salt, black pepper, summer squash, zucchini, red onions, red peppers, carrots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>Grilled Vegetables Burrito Style</td>
<td>carola/olive oil, yellow onions, carrots, zucchini, summer squash, red pepper, green pepper, garlic, chill powder, salt, black pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Grilled Zucchini and Carrots</td>
<td>carrots, vegetable (soy) oil, zucchini, brown sugar, lemon juice (water, concentrated lemon juice, sodium benzoate, sodium metabisulfite, sodium sulfate, lemon oil), garlic powder, soy sauce (water, soybeans, wheat, salt, sodium benzoate), black pepper, apple juice</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Herb Grilled Zucchini</td>
<td>zucchini, green peppers, onions, vegetable (soy) oil, salt, black pepper, oregano</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Herbed zucchini</td>
<td>zucchini, yellow onion, salt, black pepper, oregano</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Hubbard Squash</td>
<td>mashed hubbard squash</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Italian Green Beans</td>
<td>Italian green beans</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Italian Blend</td>
<td>zucchini, carrots, cauliflower, Italian green beans, baby lima beans and salt</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Key Large Blend</td>
<td>green beans, carrots, yellow carrots, red peppers</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Kyote Blend</td>
<td>kettle (shelled soybeans), broccoli floris, julienne carrots, cut corn, diced red peppers.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Midwest Blend</td>
<td>kettle (shelled soybeans), sugar snap peas, baby corn, red pepper strips, water chestnuts</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Mixed Vegetables</td>
<td>corn, carrots, green beans, peas, lima beans</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Mushroom Nutron</td>
<td>mushrooms, rice wine, soy sauce (water, soybeans, wheat, salt, sodium benzoate)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Native American Style Corn</td>
<td>butternut, yellow onion, green pepper, garlic, canned cream style corn (corn, water, sugar, modified corn starch, and salt), salt, black pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Oriental Blend</td>
<td>broccoli, red pepper, carrots, water chestnuts, chinese pea pods, straw mushrooms</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Peas and Carrots</td>
<td>peas and carrots</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Peas with Mushrooms</td>
<td>peas, mushrooms</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Peas with Rice and Almonds</td>
<td>peas, long grain rice, sliced almonds</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Pappers and Onions</td>
<td>Tree Nuts</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Peatouille</td>
<td>carola oil, olive oil, onions, garlic, oregano, basil leaves, black pepper, zucchini, summer squash, eggplant diced, eggplants, mushrooms, green peppers, tomatoes, salt, granulated sugar</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Roasted Michigan Vegetables</td>
<td>carola/olive oil, kosher salt, black pepper, coriander, yellow onion, rutabagas, carrots, parsnips, acorn squash, beets, asparagus, green pepper, red pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Saused Mushrooms</td>
<td>mushrooms, margarine whey free (Partially hydrogenated and fully refined soybean oil, water, salt, mono and dvyclides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Saused Onions</td>
<td>onions, carola/olive oil</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Saused Sugar Snap Peas</td>
<td>whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and dvyclides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), sugar snap peas, black pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Scalloped Corn</td>
<td>yellow cornmeal, brown sugar, salt, 2% milk, whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and dvyclides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), frozen whole kernel corn, pimentos, eggs</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Scandinavian Blend</td>
<td>peas, zucchini, carrots, green beans, onions, trace of salt</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sesame Green Beans</td>
<td>green beans, sesame oil, sesame seeds, crushed red pepper, salt</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sliced Carrots</td>
<td>seeds, Soy</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sliced Carrots</td>
<td>carrots</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sliced Onions</td>
<td>onions</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sliced Tomatoes</td>
<td>fresh tomatoes</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Spinach</td>
<td>red spinach</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Steamed Pea Pods</td>
<td>pea pods</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Zucchini and Carrots</td>
<td>carrots, zucchini</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Stir Fried Cabbage</td>
<td>vegetable oil, onion, salt, soy sauce (water, soybeans, wheat, salt, sodium benzoate), green cabbage</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Succotash</td>
<td>whey free margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and dvyclides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, dried baby lima beans, canned cream style corn, sugar, salt, black pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sugar Snap Blend</td>
<td>broccoli cuts, sugar snap peas, red pepper strips, bean sprouts and water chestnuts</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Summer Squash</td>
<td>summer squash</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Sweet and Sour Cabbage with Apple</td>
<td>yellow onions, red cabbage, Granny Smith apples, salt, sugar, apple cider vinegar, black pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Tangerine Salad</td>
<td>egg, water, all purpose flour (Enriched bleached wheat flour (niacin, iron (reduced)), Thiamine mononitrate, Riboflavin, folic acid), malted barley flour.), baking powder, salt, white pepper</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Tunisian Greens with Peanuts</td>
<td>water, Swiss chard, Jiff peanut butter, diced tomatoes, green onions, salt</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Turmp Greens</td>
<td>Jackie greens</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Turmp Pickles</td>
<td>turmp, salt, kelp, lemons</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable Gratin</td>
<td>eggplant, vegetable oil, onions, zucchini, tomatoes, bread crumbs (Enriched flour (malt, flour barley, niacin (A B vitamin), ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), basil, oregano, salt, black pepper, garlic, rosemary</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable Kabob</td>
<td>carrots, yellow onion, zucchini, mushrooms, cherry tomatoes, vegetable oil, lemon, Worcestershire sauce (water, distilled vinegar, high fructose corn syrup, salt, contains less than 2% of hydrolyzed soy protein, spice, dextrose, chili pepper, caramel color, garlic, autolyzed yeast extract, onion, malic acid, natural flavors), lemon juice, garlic</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable Pickles</td>
<td>Cucumbers, salt, kelp, lemons, rice vinegar, sugar, salt, water</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Whole Green Beans</td>
<td>whole green beans</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Whole Kernel Corn</td>
<td>frozen whole kernel corn</td>
</tr>
</tbody>
</table>
Vegetables
- Wilted Spinach
  - spinach, carrots, olive oil, garlic, salt, black pepper

Vegetables
- Winter Blend
  - broccoli, cauliflower

Vegetables
- Zucchini and Summer Squash
  - zucchini, summer squash

Vegetables
- Zucchini Parmesan
  - zucchini, vegetable (soy) oil, tomatoes, mushrooms, salt, black pepper, sharp cheddar (pasteurized milk, cheese cultures, salt, enzymes, annatto), parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose

Vegetarian Entrees
- Bean and Cheese Burrito
  - southwest rice, vegetable (soy) oil, diced tomatoes, tomato sauce (tomato paste, water, sugar, mono and diglycerides, artificial flavor), rice, black beans, cheese blend (partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, leek, onion, bell pepper, celery, tomato, green onion, salt, black pepper, garlic powder, cilantro, flour tortillas (enriched bleached wheat flour,uggests that the addition of flour tortillas may be included, crude oil, high fructose corn syrup, sugar, salt, citric acid, artificial flavor, beta carotene, vitamin A palmitate added), leek, onion, bell pepper, celery, tomato, garnishes may include: diced tomatoes, diced bell peppers, shredded cheese, salsa, and sour cream

Vegetarian Entrees
- Azteca Olive Rice
  - Azteca Olive Rice

Vegetarian Entrees
- Black Bean Tortilla Pizza
  - black beans, corn, vegetable (soy) oil, diced tomatoes, tomato sauce (tomato paste, water, sugar, mono and diglycerides, artificial flavor), rice, black beans, cheese blend (partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, leek, onion, bell pepper, celery, tomato, green onion, salt, black pepper, garlic powder, cilantro, flour tortillas (enriched bleached wheat flour, suggests that the addition of flour tortillas may be included, crude oil, high fructose corn syrup, sugar, salt, citric acid, artificial flavor, beta carotene, vitamin A palmitate added), leek, onion, bell pepper, celery, tomato, garnishes may include: diced tomatoes, diced bell peppers, shredded cheese, salsa, and sour cream

Vegetarian Entrees
- Baked Black Beans
  - black beans, corn, vegetable (soy) oil, diced tomatoes, tomato sauce (tomato paste, water, sugar, mono and diglycerides, artificial flavor), rice, black beans, cheese blend (partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, leek, onion, bell pepper, celery, tomato, green onion, salt, black pepper, garlic powder, cilantro, flour tortillas (enriched bleached wheat flour, suggests that the addition of flour tortillas may be included, crude oil, high fructose corn syrup, sugar, salt, citric acid, artificial flavor, beta carotene, vitamin A palmitate added), leek, onion, bell pepper, celery, tomato, garnishes may include: diced tomatoes, diced bell peppers, shredded cheese, salsa, and sour cream

Vegetarian Entrees
- Cheese Enchilada
  - cheese blend (partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides, and soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta carotene. Vitamin A palmitate added, leek, onion, bell pepper, celery, tomato, garnishes may include: diced tomatoes, diced bell peppers, shredded cheese, salsa, and sour cream

Cheese Lasagna
- Bow tie pasta (Durum Semolina, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), broccoli, carrots, zucchini, summer squash, all purpose flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), half and half, salt, white pepper, parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes, annatto), tomatoes

Cheese Lasagna
- Zucchini and Summer Squash
  - zucchini, summer squash

Cheese Lasagna
- Vegetables
  - vegetables (partly cooked)

Winter Ingredients List 2010
- Soy
- Egg
- Wheat
- Seeds
- Milk
- Egg, Wheat, Soy
- Wheat, Milk
- Wheat, Seeds, Milk
Winter Ingredients List 2010

Milk, Soy, Wheat

Milk, wheat
Crispy Patty (Textured vegetable protein (soy protein isolate, soy protein concentrate, wheat gluten, water for hydration), water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folio acid), wheat flour, egg whites, corn oil, yellow corn flour, corn starch. Contains 2% or less of salt, modified tapioca starch, wheat starch, cellulose gum, soy fiber, dextrose, autolyzed yeast extract, hydrolyzed corn and soy protein, potassium chloride, leavening (sodium acid pyrophosphate, sodium bicarbonate), natural and artificial flavors from non-meat sources, whey, modified corn starch, paprika, disodium inosinate, soy protein isolate, sugar, monoglycerides, salt, artificial flavor, agave fiber, xanthan gum, sodium alginate, carrageenan, garlic powder, celery seed extract, wheat fiber, vitamins and minerals (niacinamide, iron (ferrous sulfate), vitamin B1 (thiamin mononitrate), vitamin B6 (pyridoxine hydrochloride), vitamin B12 (cyanocobalamin), lactic acid, non-fat dry milk), canned marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, dehydrated onion, citric acid, dehydrated parley, spices), grated parmesan (pasteurized part-skim milk, cheese culture, salt, enzymes), powdered cellulose), shredded mozzarella (cultured part-skim milk, powdered cellulose, salt, enzymes, powdered cellulose), parsley

East African Vegetable Stir Fry
carolina olive oil, carrots, yellow onions, eggplant, green cabbage, yellow peppers, orange peppers, red peppers, unsweetened coconut milk, honey, black pepper, paprika, salt, cumum

Egg Curry
eggs, vegetable oil, yellow onions, garlic, ginger root, cinnamon sticks, cardamom, coriander, turmeric, cayenne pepper, black ground pepper, tomato puree, koshar salt, masala spice (coriander, cayenne pepper, turmeric, black pepper, cardamon, clove, cumin, onion, garlic), eggplant, diced tomatoes, ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), salt, white pepper, garlic salt, granulated sugar, tabasco sauce

Fettuccine Alfredo
fettucine noodles (Enriched durum flour (durum wheat flour, niacin, reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), foliac acid), water, salt, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), powdered cellulose), black pepper, sugar, feta cheese (pasteurized milk, cheese culture, enzymes), salt, dried oregano, onion, garlic, fennel, pepper, black pepper, onion powder, oregano, basil, salt, black pepper, shredded mozzarella (cultured pasteurized milk, powdered cellulose, cheese culture, part-skim milk, cheese culture, salt, enzymes), powdered cellulose)

Eggplant Parmesan
diced tomatoes, ketchup (red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spices, onion powder, natural flavoring), salt, white pepper, garlic salt, granulated sugar, tabasco sauce (dissolved vinegar, red pepper, salt, ground oregano, oregano, oil, egg oil, eggplant, salt, black pepper, shredded mozzarella (cultured pasteurized milk, powdered cellulose, cheese culture, part-skim milk, cheese culture, salt, enzymes), powdered cellulose)

Herbed Potato Pizza
dough (Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, foliac acid), water, salt, parmesan cheese (part-skim milk, cheese culture, salt, enzymes), powdered cellulose), canola/olive oil blend, spices, ingredients, parsley

Greek Pizza
greek pizza (pasteurized part-skim milk, cheese culture, salt, enzymes), white wine, heavy cream (cream, sugar, milk, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, contains less than 2% of the following: yeast, water, high fructose corn syrup, sucrose, monoglycerides, sodium acetate), onion, garlic, oregano, fennel, thyme, black pepper, sugar, feta cheese (pasteurized milk, cheese culture, enzymes)

Herb's Potluck
seasoning (onions, celery, parsley, green onion, red onion, pepper, onion, garlic, black pepper, paprika, oregano, parsley, salt, black pepper, shredded mozzarella (cultured pasteurized milk, powdered cellulose, cheese culture, part-skim milk, cheese culture, salt, enzymes), powdered cellulose)

Greek Pasta
greek pasta (pasteurized part-skim milk, cheese culture, salt, enzymes), white wine, heavy cream (cream, sugar, milk, partially hydrogenated vegetable oil (soybean, cottonseed, corn and/or canola oils), water, contains less than 2% of the following: yeast, water, high fructose corn syrup, sucrose, monoglycerides, sodium acetate), onion, garlic, oregano, fennel, thyme, black pepper, sugar, feta cheese (pasteurized milk, cheese culture, enzymes)

Herbed Potato Pizza
pizza dough (Enriched flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamin mononitrate, riboflavin (vitamin B2), foliac acid), water, yeast, high fructose corn syrup, contains less than 2% of the following: salt, soybean oil, wheat gluten, yeast, salt, sugar, high fructose corn syrup, double-strength monoglycerides, partially hydrogenated soybean oil), tomato puree (tomato paste, distilled water, high fructose corn syrup, onion, garlic, black pepper, sugar, feta cheese (pasteurized milk, cheese culture, enzymes), salt, dried oregano, onion, garlic, fennel, pepper, black pepper, onion powder, oregano, basil, salt, black pepper, shredded mozzarella (cultured pasteurized milk, powdered cellulose, cheese culture, part-skim milk, cheese culture, salt, enzymes), powdered cellulose)

Winter Ingredients List 2010
Wheat (crust), Milk, Egg, Soy, Nuts
Wheat, Milk, Egg, Tree Nuts
Wheat, Milk, Egg, Soy
Milk, Wheat
Milk, Egg, Soy
Milk, Wheat, Egg
Vegetarian Entrees

**Mushroom Pizza**
- pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soya oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservatives)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes), mushrooms, green onions

**Pad Thai Noodles With Peanuts**
- Rice noodles (Rice, water), vegetable oil, fish flout (Water, Non-GMO Soybeans, Taro Alba (a natural earth mineral)), rice wine vinegar, tamari sauce (Water, soybeans, salt, alcohol), sugar, chili powder, green onions, bean sprouts, cayenne pepper, salt, dry roasted peanuts

**Mushroom Enchiladas**
- corn oil, garlic, chili pepper, cilantro, green onion, pepper, black pepper, cumin, oregano, sauce, onion base mirepoix (vegetables, onions, and celery), salt, sugar, maltodextrin (from corn), oil, certified organic dried organic mushrooms, onion, onion powder, cumin, garlic, paprika, chili powder, cumin, oil, garlic, oregano, onion, green pepper, green onion, chili pepper, cumin, chili powder, salt, black pepper, and spices.

**Potato Casserole**
- rollup casserole (potato, rollup, cream cheese (pasteurized milk, nonfat milk, whey, rennet coagulant), onion, onion powder, pepper, cayenne, oregano, black pepper, salt, red pepper, garlic, cream cheese, black pepper, onion, oregano, celery, salt, and spices), corn tortilla, shredded cheddar cheese, black beans, corn, cilantro, green onion, jalapeno, salt, black pepper, green onion, garlic, cumin, black pepper, and spices.

**Rollup Casserole**
- corn tortillas (Whole ground corn treated with lime, water, cellulose gum, propionic acid, benzoic acid (sugar, alcohol)), mexican blend cheese (Pasteurized Milk Cheese, Cheese Culture, Salt, Enzymes and Anato), green onions

**Pasta Primavera**
- white (durum wheat), onion, garlic, red pepper, carrots, celery, yellow onions, canola/olive oil blend, onion powder, marinated garlic, black pepper, cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese sauce, salt, and enzymes), celery, and tomatoes sauce (tomato purée, water,文化和s, low-sodium), modified food starch, spices.

**Pasta Puttanesca**
- crushed tomatoes, fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), parmesan (Grated Parmesan Cheese (pasteurized milk cheese, part skim milk cheese, culture, salt, and enzymes), powdered cellulose to prevent caking, Aged 10 Months or More)
Vegetarian Entrees

- Personal Vegan
- Tossed Shells
- Potato Pancakes
- Spaghetti Pie
- Rio Grande Burger
- Roasted Vegetable
- Roasted Mushroom
- Pineapple Kugel
- Samosa Vegetable
- Green peppers, yellow onions, canola/olive oil blend, sour cream (Cultured milk, cream, whey, modified corn starch, sodium phosphate, guar gum, carrageenan, canola bean and potato sorbitol (maintains freshness), cottage cheese (Organic Cultured Pasteurized Skim Milk, Organic Pasteurized Cream, Organic Nonfat Milk, Citric Acid, Salt, Guar Gum, Organic Locust Bean Gum, Xanthan Gum, Acidulants and/or Cultures, Vitamin A Palmitate, Enzymes), whole milk, vanilla extract, crushed pineapples, cream cheese (Pasteurized milk and cream, cheese culture, salt, stabilizers (carob bean and/or xanthan and/or guar gum)), cinnamon, egg, proofed bread (flour, water, organic oil (canola, cotton, palm)),}

- Over Vermicelli
- Portobella Over Vermicelli
- Potatoes and Quinoa
- Pineapple Kugel
- Potato Kugel
- Potato Pastinacas
- Rainbow Rotini With Angelina & Tomato
- Rice Grand Gourmet Crumble Casserole
- Roasted Mushroom With Spinach Pizza
- Roasted Potato & Onion Pizza
- Roasted Vegetable Casserole
- Samosa Vegetable
- Shells and Three Cheeses
- Singapore Noodles
- Soft Potenta With Cheese
- Stuffed Fried Ostra
- Spaghetti
- Spaghetti Pie

Winter Ingredients List 2010

- Eggs, Milk, Wheat
- Milk, Wheat
- Milk, Wheat
- Milk, Wheat
- Soy, Wheat
- Wheat, Egg
- Wheat, Eggs
- Wheat, Soy
- Wheat, Soy
- Milk, Wheat
- Soy, Milk
- Milk, Wheat
- Milk, Wheat
- Milk, Wheat
- Soy, Milk
- Milk, Wheat
- Milk, Wheat
- Milk, Wheat
- Milk, Wheat
- Milk, Egg, Soy
Vegetarian Entrees
Spinach and Mushroom Enchiladas
yellow onions, mushrooms, canola/olive oil, spinach, garlic, black beans, lemon juice, green onions, monterey jack cheese (pasteurized milk, cheese cultures, salt, enzymes), spinach, enchiladas sauce (Water, crushed tomatoes (water, concentrated crushed tomatoes, nonfat milk, modified food starch, chil powder (chili pepper and/or canola), salt, onion powder, dehydrated garlic, spice, citric acid and sodium benzoate (preservative)), 10% dried tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium diphosphate), calcium propionate and sorbic acid (to preserve freshness)), cilantro

Milk, Wheat, Soy

Vegetarian Entrees
Spinach and Red Onion Pizza
pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soy oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate (preservative)), homemade pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), cheese blend (pasteurized white milk, pasteurized milk, part skim milk, cheese culture, salt, enzymes), spinach

Milk, Wheat, (crust)

Vegetarian Entrees
Spinach Feta Pizza
pizza crust 14” (enriched wheat flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamine, mononitrate, enzyme, riboflavin, folic acid), extra virgin olive oil, feta, cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, enzymes). Cellulose added to prevent caking), tomatoes, spinach, garlic

Milk, Soy, Wheat

Vegetarian Entrees
Spinach Feta Quasaddita
spinach, corn oil, yellow onions, garlic, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, black pepper, oregano, fennel, flour tortilla (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium diphosphate), calcium propionate and sorbic acid (to preserve freshness))

Vegetarian Entrees
Spinach Lasagna
yellow onions, garlic, tomato sauce, tomato puree, water, salt, black pepper, sugar, oregano, mozzarella cheese (cultured pasteurized milk, powdered cellulose, salt, enzymes), sharp cheddar cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto), parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes, powder cellulose), lasagna pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, eggs), spinach, ricotta cheese (pasteurized whey, milkfat, and milk)

Milk, Eggs, Soy

Vegetarian Entrees
Spinach Manicotti
Marinara sauce (canola/olive oil blend, yellow onions, garlic, tomato puree, crushed tomatoes (Vine Ripened Tomatoes, Tomato Puree, Salt, and Citric Acid), fennel, granulated, salt, white ground pepper, basil leaves, oregano, red wine vinegar), manicotti pasta (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), yellow onions, garlic, margarine (Partially hydrogenated and fully refined soybean oil, water, salt, monoglycerides and, soy lecithin), sodium benzoate added to help preserve freshness. Artificially flavored, Artificially colored with beta-carotene. Vitamin A palmitate added), spinach, ricotta (Pasteurized whey, milkfat, and milk), eggs, lemon juice, salt, black ground pepper, mozzarella (Cultured Pasteurized Milk, Enzymes, Salt), parmesan (Pasteurized part-skim milk, cheese culture, salt, enzymes, powder cellulose)

Milk, Eggs, Soy

Vegetarian Entrees
Spinach Mushroom Enchiladas
onions, mushrooms, canola oil, spinach, garlic, black beans, lemon juice, green onions, monterey jack cheese (pasteurized milk, salt, cheese cultures, enzymes), salt, casa solana enchilada sauce (water, crushed tomatoes, and concentrated crushed tomatoes), 10" four tortillas (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium diphosphate), calcium propionate and sorbic acid (to preserve freshness))

Milk, Soy, Wheat

Vegetarian Entrees
Spinach Palak
mashed chopped spinach, vegetable (soy oil, onions, jalapeno peppers, ginger, plain nonfat yogurt (Grown Culture A Milk). Contains active yogurt cultures including L. acidophilus), Heavy whipped cream (cream (milk) an skimmed milk), salt, black pepper

Milk, Soy

Vegetarian Entrees
Spinach Pie
Hot dough (Enriched, Non-Bromine Bleached Flour (bleached wheat flour, thiamin mononitrate, riboflavin, niacin, iron, folic acid), onions, Vegetable Oil (corn and/or canola), Salt, Preservatives (sodium and/or calcium propionate, potassium sorbate (Citric Acid), eggs), feta cheese (Pasteurized Milk, salt, cheese cultures, enzymes), fennel, oregano, salt, black ground pepper, butter (cream, salt)

Milk, Soy, Egg

Vegetarian Entrees
Spinach Souffle
Red onions, feta cheese (pasteurized milk, salt, cheese cultures, enzymes), spinach, ricotta cheese (pasteurized whey, milkfat, and milk)

Milk, Soy

Vegetarian Entrees
Tortilla de Papas
Elbow macaroni (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), water, macaroni and cheese (pasteurized milk, parmesan cheese, mozzarella cheese), Mexican blend (pasteurized milk, powdered cellulose, salt, enzymes), frozen cheese (Cultured pasteurized milk, salt, enzymes, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powder cellulose, red bell peppers, cucumbers, green onions, bean sprouts, cilantro

Milk, Soy, Wheat, Seeds, Milk

Vegetarian Entrees
Three Cheese Macaroni
Bolognese sauce (Semolina, Durum Flour, Niacin, Ferrous Sulfate (Iron), Thiamin, Mononitrate, Riboflavin, Folic Acid), salt, water, 2% milk, bread flour (Whole Flour, Malted Barley Flour, Riboflavin, Folic Acid), cheese (mozzarella, cheddar, provolone (pasteurized milk, salt, enzymes, powder cellulose), colby cheese (Milk pasteurized, cheese culture, salt, enzymes, annatto), mozzarella (Cultured Pasteurized Milk, Enzymes, Salt)

Milk, Soy

Vegetarian Entrees
Tortilla Parmesan Pizza
canola olive blend, hash brown, salt, black pepper, diced green, eggs, tomatoes, Shin东亚 frying sauce, monterey cheese (pasteurized milk, cheese cultures, salt, enzymes), onion, green onions, cilantro

Milk, Soy

Vegetarian Entrees
Torta de Papas
canola olive blend, hash brown, salt, black pepper, diced green, eggs, tortilla sauce (tomato, onion, green pepper, feta cheese, cream cheese), tomatoes, parmesan cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), powder cellulose, italian seasoning

Milk, Soy

Vegetarian Entrees
Tri Color Noodle Casserole
garden rotini pasta (Semolina, Durum Flour, Spinach Powder, Tomato Powder, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid), yellow onions, green peppers, marinara sauce (Tomato Puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, chili powder (chili pepper and/or canola), salt, monocalcium phosphate, citric acid, dehydrated parley, spices), Italian seasoning, salt, black pepper, garlic, cheese blend (Pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, and enzymes)

Milk, Soy

Vegetarian Entrees
TriColor Onion Cheese Pizza
tomato crust 14" (Enriched flour (flour malted barley flour, niacin, iron as ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and/or sodium acid pyrophosphate, calcium sulfate), dough conditioners (fumaric acid, sodium diphosphate), calcium propionate and sorbic acid (to preserve freshness))

Milk, Soy

Vegetarian Entrees
Vegetable Cannelloni
canola oil, olive oil, onions, carrots, zucchini, summer squash, ricotta cheese (pasteurized whey, milkfat, and milk), vegetarian "chicken" base (salt, maltodextrin from corn, sugar, dried whey, corn oil powder, disodium inosinate, disodium glutamate, tumeric, natural color, black pepper flavoring), basil leaves, oregano leaves, black pepper, salt, egg, parmesan cheese (pasteurized whole milk, part skim milk, cheese culture, salt, enzymes), powder cellulose, mushrooms, laaf spinach, pasta sheets (Enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate (vitamin B1), riboflavin (B2), folic acid), water, eggs), marinara sauce (Tomato puree (water and tomato paste), diced tomatoes, high fructose corn syrup, soybean oil, salt, dehydrated garlic, citrus flavor, onion powder, citric acid, sodium benzoate, annatto and powdered color, salt, spices, calcium propionate and potassium sorbate (preservative)), baked spaghetti, blackened chicken (chicken breasts with blackened spice blend), blackened chicken, cheese blend (pasteurized whole milk, pasteurized milk, part skim milk, cheese culture, salt, enzymes), powder cellulose

Milk, Egg, Wheat

Vegetarian Entrees
Vegetable Cashew Korma
cashews, water, canola oil olive, claves, cinnamon sticks, ground turmeric, carrots, ginger root, masala spice, tomatoes, salt, plain yogurt (Grown Culture A Milk). Contains active yogurt cultures including L. acidophilus), green peas, cauliflower, potatoes, cilantro

Tree Nuts, Milk, Peanut
**Vegetarian Entrees**

- **Vegetable Dumplings/ Potstickers:** Beached and enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), cabbage, water, celery, carrot, water chestnuts, green beans, bamboo shoots, onion, yermicelli (green mung beans, water), shiitake mushrooms, canola oil, rice, salt, dry portabella mushroom, sugar, spice blend (dextrose, dehydrated soy sauce (soy sauce [soybeans, wheat, salt], maltoexten and salt), modified food starch, garlic powder, spice, flavoring (autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils and lactic acid), dried shiitake mushroom powder, dextrose, monosodium glutamate, dionol) modified food starch, natural flavor (contains tonula yeast, salt), sesame seed oil, soy sauce (water soya bean, salt, and wheat flour), spice, garlic, sodium benzoate, portabella mushroom powder.

- **Vegetable Fric Fric:** Rice, sesame oil, garlic, ginger, green onions, red peppers, sugar snap peas, white pepper, eggs, soy sauce (water, soybeans, wheat, salt, sodium benzoate).

- **Vegetable Lasagna Roll-ups with Alfredo Sauce:** Vegetable Lasagna Rollups (Cheese Filling - Ricotta cheese made from part skim milk (pasteurized whey, pasteurized milk, vinegar, carrageenan), mozzarella cheese made from part skim milk (cultured pasteurized milk, powdered cellulose, salt, enzymes), carrots, spinach, water, salt, modified food starch, onion powder, garlic powder, basil. Blanched pasta (water, enriched semolina (durum wheat semolina, ferrum sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), egg white) Alfredo sauce, basil, grated parmesan (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose).

- **Vegetable Mexican Pizza:** Pizza crust (enriched flour (contains enriched, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soy oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate preserves), vegetable oil, garlic, vegetarian refried beans (Cooked beans, water, canola oil, water, salt, distilled vinegar, chili pepper, onion powder, spices, garlic powder, natural flavor), dionol, salt, tomatoes, red pepper flakes, oregano, salt, sugar, cilantro, parmesan cheese, cheddar cheese, monterey jack cheese, red peppers, green onions, black olives, green pepper, jalapenos.

- **Vegetable Pizza:** Pizza crust (enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin), water, canola oil and/or soy oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate preserves), pizza sauce (tomato sauce, crushed tomato, tomato puree, oregano, garlic, fennel, black pepper, sugar), mozzarella cheese, onions, green peppers, mushrooms, olive oil.

- **Vegetable Pot Pie:** Margarine (Partially hydrogenated and fully refined soybean oil, water, salt, mono and diglycerides, and soy lecithin. Sodium benzoate added to help preserve freshness. Artificially flavored. Artificially colored with beta-carotene. Vitamin A palmitate added), yellow onions, garlic, celery, red bell peppers, pepper, green peppers, green onions, mushrooms, potatoes, red kidney beans, green beans, green peas, bread flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Ascorbic Acid added as a dough conditioner, Thiamin Mononitrate, Riboflavin, Folic Acid), vegetarian chicken base (Vegetable puree(celery, onions, carrots, parrpips, lumpk), salt, cornstarch, tomato paste, sugar, corn oil, less than 2% of natural flavor, corn powder, Xanthan gum, soy lecithin), 9x11 inch frozen pastry sheets (Enriched flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, partially hydrogenated soybean and cottonseed oil, salt, sugar, fructose, salt).

- **Vegetable Quessadilla:** Quesadillas, bean, chicken, white kamal cori, onions, green peppers, red pepper, chilipri, chili powder, black pepper, cumin, jalapeno pepper, muantar cheese, flour tortillas (Enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (soybean oil, hydrogenated soybean oil), contains 2% or less of each of the following: salt, leavening (baking soda, sodium aluminum sulfate, corn starch, monocalcium phosphate and sodium acid pyrophosphate, calcium sulfate), dough conditioners (fulmaric acid, sodium metabisulfite), calcium propionate and sorbic acid (to preserve freshness)), vegetable oil.

- **Vegetable Spring Rolls:** Cabbage, water, enriched flour (wheat flour, rice, reduced iron, thiamine mononitrate, riboflavin, folic acid), carrots, bamboo shoots, onions, mushrooms, contains 2 percent or less of modified food starch, sugar, flour, Monosodium glutamate, sodium benzoate, natural flavor, spice blend (dextrose, dehydrated soy sauce (soy sauce [soybeans, wheat, salt], maltoexten and salt), modified food starch, garlic powder, spice, flavoring (autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils and lactic acid), dried shiitake mushroom powder, dextrose, monosodium glutamate, dionol) modified food starch, natural flavor (contains tonula yeast, salt), sesame seed oil, soy sauce (water soya bean, salt, and wheat flour), spice, garlic, sodium benzoate, portabella mushroom powder.

- **Vegetable Ziti w/ Feta:** Ziti pasta (durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), feta cheese, green peppers, red peppers, red onions, stuffed queen olives, white wine vinegar, djon mustard, thyme, black pepper, salt.

- **Vegetarian Calzone:** Calzone (dough, blend oil, onions, green peppers, red peppers, mushrooms, salt, black pepper, basil, canned pizza sauce (Vine-Mipped Tomatoes, Salt, and Basil), mozzarella cheese, parmesan cheese, pizza dough (Enriched wheat flour (wheat flour, niacin, iron, ascorbic acid added as a dough conditioner, thiamin mononitrate, riboflavin, folic acid), vegetable (soy) oil, garlic, vegetarian refried beans, carrots, salt, crushed tomatoes, red peppers, oregano, sugar, salt, parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), cataline, cellulose powder), sharp cheddar cheese, monterey jack cheese (Pasteurized milk, cheese cultures, salt, enzymes, annatto), red peppers, green onions, black olives, green peppers, jalapenos.

- **Vegetarian Mexican Pizza:** Pizza crust (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, canola oil and/or soy oil and/or olive oil, yeast, salt, spices, calcium propionate and potassium sorbate preserves), vegetable oil, garlic, vegetarian refried beans (Cooked beans, water, canola oil, salt, distilled vinegar, chili pepper, onion powder, spices, garlic powder, drier, citric acid), provolone cheese (pasteurized part skim milk, cheese culture, salt, enzymes), parmesan cheese (pasteurized part skim milk, cheese culture, salt, enzymes), powdered cellulose), green peppers, yellow onions, mushrooms, italian seaoning.

- **Vegetarian Chicken Steaks Sandwich:** Chicken steaks (All white dark meat chicken, water, celery, red bell peppers, spinach, black pepper, garlic powder, onion powder, natural flavor, flavoring (autolyzed yeast extract, partially hydrogenated cottonseed and soybean oils and lactic acid), dried shiitake mushroom powder, dextrose, monosodium glutamate, dionol) modified food starch, natural flavor (contains tonula yeast, salt), sesame seed oil, soy sauce (water soya bean, salt, and wheat flour), spice, garlic, sodium benzoate, portabella mushroom powder.

- **Wild Rice Pancakes:** Long grain rice, wild rice, garlic, yellow onions, mushrooms, parsley, butter, soy sauce (Wheat, Soybeans, Salt, Sodium Benzoate less than 1/10 of 1% as a Preservative), eggs, salt, mozzarella (cultured pasteurized milk, cheese culture, salt, enzymes), powdered cellulose to prevent caking. Aged 10 Months or More), allpurpoe flour (Enriched flour (contains niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), malted barley flour).

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**Winter Ingredients List 2010**

- **Wheat, Soy, Seeds, Eggs, Milk, Soy, Wheat:**
- **Wheat:** Wheat (crust), Milk, Soy.
- **Soy:** Soy.
- **Seeds:** Soy, Wheat.
- **Eggs:** Soy, Wheat, Seeds.
- **Milk:** Milk, Wheat.
- **Wheat:** Wheat, Soy, Milk.
- **Milk:** Milk, Wheat.
- **Soy:** Soy, Wheat.