

Allergy List October, 2017 – September, 2018
Regular Lunch

Efforts have been made to ensure the accuracy of this list but we may have missed something. When in doubt, send us an e-mail gfoodc@aol.com . Manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. Additionally, there may be different ingredients that may be from the same food family such as milk, whey, casseine, or soy and soy protein and some children may be allergic to all, none, or a combination of the different variations of these ingredients. These varying forms of the ingredients generally have not been researched for this list. Generally, this list has the foods from our menu in the form as they are listed in each heading and not in the numerous other possible forms in which these ingredients may occur. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program. Food allergens may be/are stored or processed at our facility. When in doubt, parents of children with allergies are encouraged to bring food from home for their child. The following items have been researched for their allergens. Allergens not shown below have not been researched but can be done upon request.

PEANUT STATEMENT: Good Food Company does not menu anything with tree nuts or peanuts. We do not process any peanut/nut products nor do we knowingly use any products that have manufacturer statements that say their products may contain nuts. No other known tree nut/peanut products are on our menu)

If your allergy is to Eggs, do not eat any of the following:
All salad dressings, mayonnaise
Spinach manicotti
Meatloaf
Lasagna
Quiche
Ravioli

8/31/17

-LUNCH CONTINUED-

If your allergy is to <u>Milk, cheese, or milk powder</u> do not eat any of the following:
<u>All</u> salad dressings
Broccoli & cheese salad
Butter
Grated cheese sent as a condiment
Chicken & tarragon
Pasta w/chicken sausage, spinach, & butternut sauce
Pizza
Black bean, corn, & chicken quesadilla
Potato soup
Spinach manicotti
Mashed sweet potatoes
Lasagna
Cheese melt
Tomato soup
Macaroni & cheese
Quiche
Meatball sub
Ravioli
Turkey & gravy
Chicken chili (possibly trace amount)
Shepherd's Pie
Chicken w/ buttermilk gravy

If your allergy is to <u>corn, corn syrup or corn starch</u> , do not eat any of the following:

All salad dressings
Ketchup
Mayonnaise
Chicken & tarragon
Pasta w/chicken sausage, spinach & butternut sauce
Dirty rice with beef, vegetables, quinoa, and faro
Black bean, corn, & chicken quesadilla
Tortillas
Sloppy Joe
Hamburger slider
BBQ chicken
Chicken patty
Meatloaf
Corn
Corn & edamame
Quiche
Fish sticks
Chicken nuggets
Shepherd's pie
Chicken w/ buttermilk gravy

-LUNCH CONTINUED-

If your allergy is to <u>soy</u>, the following all contain soy in the form of soybean oil or soy lecithin<u>:</u>

Whole wheat bread
Chicken & tarragon
Tuscan bean & garlic soup
Chicken & apples
Pasta w/chicken sausage, spinach & butternut sauce
Dirty rice with beef, vegetables, quinoa, and farro
Pizza
Cheese melt
Ravioli
Manicotti
Lasagna
Tortillas
Salad dressings, mayonnaise
Teriyaki chicken
Roll
Meatloaf
Turkey & gravy
Chicken patty (trace)
Chicken nuggets
Corn & edamame
Shepherd's pie
Chicken w/ buttermilk gravy

If your allergy is to <u>tomatoes</u>, do not eat any of the following:

Ziti with chicken sausage
Baked beans
Beans & rice
Spinach manicotti
Sloppy Joe
Meatloaf
Lasagna
Tomato soup
Soft taco
Spaghetti w/ meat sauce
Turkaroni
Pizza
Chicken chili
BBQ chicken
Red salad dressings
Ketchup

-LUNCH CONTINUED-

If your allergy is to <u>strawberries</u>, they are sent as fresh fruit from time to time and they are also in one of the salad dressings. The salad dressing is pink and there are visible pieces of strawberries.

If your allergy is to <u>wheat</u>, do not eat any of the following:
Breads, rolls, tortillas
Chicken & tarragon
Chicken & cheese quesadilla
Dirty rice with beef, vegetables, quinoa, and farro
Ravioli
Pizza
Quiche
Spaghetti
Macaroni & cheese
Ziti w/ chicken sausage
Spinach manicotti
Turkaroni
Meatloaf
Lasagna
Salisbury steak
Teriyaki chicken leg
Cheese melt
Chicken chili
Chicken nuggets
Turkey & gravy

8/31/17