

## spring menu

march  
april  
may

} Grass Fed, All Natural and Organic Proteins  
All Natural & Organic Grain  
Local and Organic Fresh Fruit/Veg\*  
✓ Vegetarian Option

monday	tuesday	wednesday	thursday	friday
March 25th <b>Chicken Nuggets w/ Dip</b> ✓ Vegetarian Chicken Spring Peas Fresh Cantaloupe Whole Grain Bread	March 26th <b>Cheesy Tortellini w/ Marinara</b> Fresh Cucumbers Fresh Pineapple	March 27th <b>Turkey Sloppy Joes</b> ✓ Veggie Sloppy Joes Local Carrots Banana Whole Grain Bun	March 28th <b>Grilled Lemon Chicken</b> ✓ Lemon Veg Chicken Steamed Broccoli Fresh Orange Slices Whole Grain Bread	March 1st, 29th <b>Chili Mac</b> Fresh Cauliflower Fruit Salad Elbow Macaroni
March 4th <b>Tallgrass Beef Meatballs</b> ✓ Veggie Bites Local Peas & Carrots Appleberry Sauce Whole Grain Bread	March 5th <b>Rotini Pasta w/ Creamy Alfredo</b> Fresh Cucumber Pear Slices	March 6th <b>Chicken Teriyaki</b> ✓ Vegetarian chicken Fresh Broccoli Pineapple Brown Rice	March 7th <b>Mango Glazed Turkey</b> ✓ Tofurkey Local Green Beans Fresh Honeydew Whole Grain Bread	March 8th <b>Gorilla's Three Cheese Pizza</b> Veggie Blend Fruit Salad
March 11th <b>BBQ Chicken</b> ✓ Veg Chicken Local Green Beans Fresh Cantaloupe Whole Grain Bread	March 12th <b>Raviolini Marinara</b> Cauliflower & Carrots Fresh Pineapple	March 13th <b>Bean &amp; Cheese Burrito</b> Roasted Squash Banana	March 14th <b>Turkey Meatloaf Muffin</b> ✓ Veggie Muffin Mashed Potato Fresh Cantaloupe Whole Grain Bread	March 15th <b>Creamy Mac &amp; Cheese</b> Steamed Broccoli Fruit Salad
March 18th <b>New!</b> <b>Cheesy Pizza Muffin</b> Sweet Peas Applesauce	March 19th <b>Pasta Shells w/ Three Cheese Sauce</b> Fresh Broccoli Orange Slices	March 20th <b>Grass Fed Beef Burgers</b> ✓ Veggie Burgers Sweet Potatoes Fresh Cantaloupe Whole Grain Buns	March 21st <b>Tandoori Chicken</b> ✓ Tandoori Veg Chicken Cauliflower & Carrots Fresh Honeydew Naan Bread	March 22nd <b>Sustainable Fish Fillets</b> ✓ Sweet Potato Latke Fresh Cucumbers Fruit Salad

nut free kitchen!  
scratch cooking

\*Sides may change based on freshness and availability

## gf/df menu

march  
april  
may }

Grass Fed, All Natural and Organic Proteins  
All Natural & Organic Grain  
Local and Organic Fresh Fruit/Veg\*

monday	tuesday	wednesday	thursday	friday
March 25th <b>Grilled Chicken Breast</b> Spring Peas Fresh Cantaloupe Gluten-free Bread	March 26th <b>GF Pasta w/ Marinara</b> Fresh Cucumbers Fresh Pineapple	March 27th <b>Turkey Sloppy Joes</b> Local Carrots Banana Gluten-free Bread	March 28th <b>Grilled Lemon Chicken</b> Steamed Broccoli Fresh Orange Slices Gluten-free Bread	March 1st, 29th <b>Chili Mac</b> Fresh Cauliflower Fruit Salad Gluten-free Pasta
March 4th <b>GF Beef Meatballs</b> Local Peas & Carrots Appleberry Sauce Gluten-free Bread	March 5th <b>GF Rotini Pasta w/ DF Alfredo</b> Fresh Cucumber Pear Slices	March 6th <b>Chicken Teriyaki</b> Fresh Broccoli Pineapple Brown Rice	March 7th <b>Mango Glazed Turkey</b> Local Green Beans Fresh Honeydew Gluten-free Bread	March 8th <b>Gluten-free Pasta w/ Marinara</b> Veggie Blend Fruit Salad
March 11th <b>BBQ Chicken</b> Local Green Beans Fresh Cantaloupe Gluten-free Bread	March 12th <b>Gluten-free Pasta w/ Marinara</b> Cauliflower & Carrots Fresh Pineapple	March 13th <b>Bean &amp; DF Cheese Burrito</b> Roasted Squash Banana	March 14th <b>Turkey Meatloaf Muffin</b> Soy Potatoes Fresh Cantaloupe Gluten-free Bread	March 15th <b>GF/DF Mac &amp; Cheese</b> Steamed Broccoli Fruit Salad
March 18th <b>Gluten-free Pasta w/ Marinara</b> Sweet Peas Applesauce	March 19th <b>GF Pasta Shells w/ DF Cheese Sauce</b> Fresh Broccoli Orange Slices	March 20th <b>Grass Fed Beef Burgers</b> Sweet Potatoes Fresh Cantaloupe Gluten-free Bun	March 21st <b>Tandoori Chicken</b> Cauliflower & Carrots Fresh Honeydew Gluten-free Bread	March 22nd <b>Sweet Potato Latke</b> Fresh Cucumbers Fruit Salad

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PreK Ingredient List  
Spring 2013



Menu Items		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
BBQ Chicken	Amish chicken. <b>Sauce:</b> Cider vinegar, chicken stock (contains gluten), diced tomatoes, tomato paste, applesauce, yellow onions, garlic, chili powder, brown sugar, molasses, salt			X			
Bean & Cheese Burrito	<b>Burrito:</b> Flour tortilla (see bread ingredients list), pinto beans, chihuahua cheese, vegetable oil, onions, salt. <b>Salsa:</b> Tomatoes, onion, garlic.			X	X		
Cheesy Pizza	<b>Dough:</b> Whole wheat flour, yeast, water, salt. <b>Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. <b>Topping:</b> Mozzarella cheese, cheddar cheese, italian seasoning.			X	X		
Cheesy Pizza Muffin	<b>Dough:</b> Whole wheat flour, yeast, water, salt. <b>Filling:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water, mozzarella cheese, cheddar cheese, italian seasoning.			X	X		
Cheesy Tortellini	<b>Tortellini:</b> Semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X	X		
Chicken Nuggets	Amish chicken, breadcrumbs (see whole wheat pullman bread ingredients), salt, eggs, flour, onion powder, garlic powder		X	X			
Chicken Teriyaki	Amish chicken. <b>Sauce:</b> Soy sauce (water, wheat, soybean, salt, sodium benzoate), garlic, brown sugar, ginger, cornstarch, rice wine vinegar.	X		X			
Chili Mac	Onion, pepper, beans (pinto, black, kidney), tomatoes, tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with whole grain elbow macaroni.						
Fish Fillet	Rainbow trout (minced trout meat, water, corn syrup, salt, onion powder, garlic powder, sodium poshpate), whole wheat flour, enriched wheat flour, soybean oil, water, salt, enriched yellow corn flour, enriched rice flour, palm oil, sugar, wheat gluten, yeast, soy flour, malted barley flour.	X		X			
Grass-fed Beef Burgers	Tallgrass beef, breadcumbs (see whole wheat pullman bread ingredients), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil.			X			
Lemon Chicken	Amish chicken. <b>Lemon Glaze:</b> Flour, chicken stock (contains gluten), lemon juice, water, milk, olive oil, butter, yellow onions, garlic, salt, herbes de provence spices.			X	X		
Mac & Cheese	<b>Elbow Pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> cheddar cheese, milk, butter, flour, salt.			X	X		
Mango Glazed Turkey	Michigan Turkey. <b>Glaze:</b> Chicken stock (contains gluten), cider vinegar, yellow onions, mangos, white sugar, salt, black pepper.			X			

Pasta Shells w/Three Cheese Sauce	<b>Pasta shells:</b> durum wheat semolina flour, water. <b>Cheese Sauce:</b> mozzarella, sharp cheddar, parmesan, whole milk, flour, butter, salt.			X	X		
Raviolini Marinara	<b>Raviolini:</b> Semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X	X		
Rotini Pasta w/ Creamy Alfredo	<b>Rotini pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> Mozzarella cheese, parmesan, milk, butter, flour, onion, garlic powder, salt.			X	X		
Tallgrass Beef Meatballs	<b>Meatballs:</b> Tallgrass beef, onion powder, basil, oregano, breadcumbs, eggs, garlic powder, salt. <b>Marinara Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X			
Tandoori Chicken	Amish chicken. <b>Sauce:</b> Plain yogurt, lemon, garam masala, garlic, ginger.					X	
Turkey Meatloaf Muffin	<b>Muffin:</b> Ground turkey, spinach, onion powder, garlic powder, bread crumbs (see whole wheat pullman bread ingredients), ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt. <b>Gravy:</b> water, chicken stock (contains gluten), salt, celery, parsnip, onions, garlic, carrots, cornstarch.				X		
Turkey Sloppy Joes	Ground turkey, sweet peppers, onion, garlic, vegetable oil, brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid).						X
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Vegetarian Ingredient List  
Spring 2013



Menu Items		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
BBQ Veggie Chicken	<b>Vegetarian chicken:</b> water, soy protein isolate, vital wheat gluten, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), expeller pressed/canola oil, yeast extract, organic cane sugar, sea salt, onion powder, garlic powder, pea protein, carrot fiber, organic beetroot fiber, extractives of paprika and turmeric. <b>BBQ Sauce:</b> Cider vinegar, vegetable stock, diced tomatoes, tomato paste, applesauce, yellow onions, spices, organic cane sugar, salt.	X		X			
Bean & Cheese Burrito	<b>Burrito:</b> Tortilla (see bread ingredients list), pinto beans, chihuahua cheese, vegetable oil, onions, salt. <b>Salsa:</b> Tomatoes, onion, garlic.			X	X		
Cheesy Pizza	<b>Dough:</b> Whole wheat flour, yeast, water, salt. <b>Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. <b>Topping:</b> Mozzarella cheese, cheddar cheese, italian seasoning.			X	X		
Cheesy Pizza Muffin	<b>Dough:</b> Whole wheat flour, yeast, water, salt. <b>Filling:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste (tomato paste, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water, mozzarella cheese, cheddar cheese, italian seasoning.			X	X		
Cheesy Tortellini	<b>Tortellini:</b> Semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X	X		
Veggie Chicken Nuggets	<b>Tenders:</b> water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavor (from plant sources), modified vegetable gum, yeast extract, sea salt, organic cane sugar, potato starch, onion powder, garlic powder, pea protein, vinegar, carrot fiber, beetroot fiber, extractives of paprika and turmeric. <b>Breading:</b> wheat flour, water, rice flour, oat bran, oats, salt, sugar, spices, millet flour, amaranth flour, quinoa flour, kamut, leavening (sodium bicarbonate, cream of tartar), yeast, extractives of paprika.	X		X			
Veggie Chicken Teriyaki	<b>Vegetarian chicken:</b> water, soy protein isolate, vital wheat gluten, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), expeller pressed/canola oil, yeast extract, organic cane sugar, sea salt, onion powder, garlic powder, pea protein, carrot fiber, organic beetroot fiber, extractives of paprika and turmeric. <b>rub:</b> dehydrated vegetables (red bell pepper, garlic, onions), spices, organic cane sugar, salt. <b>Teriyaki Sauce:</b> Soy sauce (water, wheat, soybean, salt, sodium benzoate), garlic, brown sugar, ginger, cornstarch, rice wine vinegar.	X		X			
Chili Mac	Onion, pepper, beans (pinto, black, kidney), tomatoes, tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with whole grain elbow macaroni.						
Sweet Potato Latke	Sweet potatoes, onions, brown sugar, chickpea flour, flax seed, water.						
Veggie Burgers	Organic mushrooms, filtered water, organic brown rice, organic onions, textured soy protein (hexane free), organic celery, organic carrots, organic tofu (filtered water, organic soybeans, nigari [magnesium chloride, a natural firming agent]), organic sweet rice flour, organic pinto beans, high oleic safflower and/or sunflower oil, sea salt, organic tamari (water, organic soybeans, sea salt), organic tomato puree, organic cornstarch, organic bell peppers, organic green onions, organic evaporated cane juice, organic garlic, organic apple cider vinegar, organic blackstrap molasses, organic green chiles, black pepper, spices, grain vinegar (distilled from corn), mustard seed, natural hickory smoke flavor, organic cilantro.	X					
Lemon Veggie Chicken	<b>Vegetarian chicken:</b> water, soy protein isolate, vital wheat gluten, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), expeller pressed/canola oil, yeast extract, organic cane sugar, sea salt, onion powder, garlic powder, pea protein, carrot fiber, organic beetroot fiber, extractives of paprika and turmeric. <b>rub:</b> dehydrated vegetables (red bell pepper, garlic, onions), spices, organic cane sugar, salt. <b>Lemon Sauce:</b> Flour, vegetable stock, lemon juice, water, milk, olive oil, butter, yellow onions, garlic, salt, herbes de provence spices.	X		X	X		
Mac & Cheese	<b>Elbow Pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> cheddar cheese, milk, butter, flour, salt.			X	X		
Mango Glazed Tofurky	<b>Tofurky:</b> Water, vital wheat gluten, organic tofu (filtered water, organic whole soybeans, magnesium chloride, calcium chloride), expeller pressed non-genetically engineered canola oil, natural vegetarian flavors, shoyu soy sauce (water, non-genetically engineered soybeans, wheat, salt, culture), non-genetically engineered corn starch, white bean flour, garbanzo bean flour, lemon juice from concentrate, onion, carrots, celery, salt, calcium lactate from beets. <b>Mango Glaze:</b> Vegetable stock, cider vinegar, yellow onions, mangos, white sugar, salt, black pepper.	X		X			

Pasta Shells w/Three Cheese Sauce	<b>Pasta shells:</b> durum wheat semolina flour, water. <b>Cheese Sauce:</b> mozzarella, sharp cheddar, parmesan, whole milk, flour, butter, salt.			X	X		
Raviolini Marinara	<b>Raviolini:</b> Semolina, ricotta cheese, egg, sunflower oil, bread crumbs, emmentaler cheese, whey protein, wheat fiber, grana padano cheese, potato flakes, salt, cheese powder. <b>Marinara:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X	X		
Rotini Pasta w/ Creamy Alfredo	<b>Rotini pasta:</b> durum wheat semolina flour, water. <b>Sauce:</b> Mozzarella cheese, parmesan, milk, butter, flour, onion, garlic powder, salt.			X	X		
Veggie Meatballs	<b>Vegetarian Meatballs:</b> water, soy protein concentrate, vital wheat gluten, soy protein isolate, expeller pressed/canola oil, enriched wheat flour (niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified vegetable gum, spices, dehydrated onion, yeast extract, malted barley extract, sea salt, organic cane sugar, dehydrated garlic, natural flavors (from plant sources), vinegar, molasses, pea protein, carrot fiber, beetroot fiber, wheat starch, soy lecithin, extractives of paprika and turmeric, extractives of annatto. non-genetically engineered soybeans and wheat. <b>Marinara Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X		X			
Veggie Tandoori Chicken	<b>Vegetarian chicken:</b> water, soy protein isolate, vital wheat gluten, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), expeller pressed/canola oil, yeast extract, organic cane sugar, sea salt, onion powder, garlic powder, pea protein, carrot fiber, organic beetroot fiber, extractives of paprika and turmeric. rub: dehydrated vegetables (red bell pepper, garlic, onions), spices, organic cane sugar, salt. <b>Tandoori sauce:</b> Plain yogurt, lemon, garam masala, garlic, ginger.	X		X	X		
Veggie Meatloaf Muffin	Bocca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), sweep peppers, onion, garlic, brown sugar, salt, tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder). Whole Grain Bun.	X		X			
Veggie Sloppy Joes	Bocca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), sweet peppers, onion, garlic, vegetable oil, brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid).	X		X		X	

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Gluten & Dairy Free Ingredient List  
Spring 2013



Menu Items		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
BBQ Chicken	Amish chicken. <b>Sauce:</b> Cider vinegar, vegetable stock, diced tomatoes, tomato paste, applesauce, yellow onions, garlic, chili powder, brown sugar, molasses, salt						
Bean & Cheese Burrito	<b>Burrito:</b> Corn tortilla (see bread ingredients list), pinto beans, dairy-free cheddar cheese (water, canola oil, tofu, inulin, soy protein, agar, sea salt), vegetable oil, onions, salt. <b>Salsa:</b> Tomatoes, onion, garlic.	X					
Chicken Teriyaki	Amish chicken. <b>Sauce:</b> Gluten-free soy sauce (water, soybean, salt, sodium benzoate), garlic, brown sugar, ginger, cornstarch, rice wine vinegar.	X					
Chili Mac	Onion, pepper, beans (pinto, black, kidney), tomatoes, tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with whole grain elbow macaroni.						
Grass-fed Beef Burgers	Tallgrass beef, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil.						
Grilled Chicken	Amish chicken, salt, pepper.						
Lemon Chicken	Amish chicken. <b>Lemon Sauce:</b> Cornstarch, vegetable stock, lemon juice, water, olive oil, yellow onions, garlic, salt, herbes de provence spices.						
Mac & Cheese	Gluten-free pasta. <b>Cheese Sauce:</b> dairy-free cheddar cheese (water, canola oil, tofu, inulin, soy protein, agar, sea salt), soy milk.	X					
Mango Glazed Turkey	Turkey. <b>Glaze:</b> Vegetable stock, cider vinegar, yellow onions, mangos, white sugar, salt, black pepper.						
Pasta Shells w/Three Cheese Sauce	Gluten-free pasta <b>Sauce:</b> Dairy-free mozzarella, monterey jack, & cheddar (water, canola oil, tofu, inulin, soy protein, agar, sea salt), soy milk.	X					
Pasta w/Marinara Sauce	Gluten-free pasta. <b>Marinara:</b> diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.						
Rotini Pasta w/ Creamy Alfredo	Gluten-free pasta. <b>Sauce:</b> Dairy-free mozzarella cheese (water, canola oil, tofu, inulin, soy protein, agar, sea salt), soy milk, cornstarch, onion, garlic powder, salt, turkey bacon.	X					
Sweet Potato Latke	Sweet potatoes, onions, brown sugar, chickpea flour, flax seed, water.						

Tallgrass Beef Meatballs	<b>Meatballs:</b> Tallgrass beef, onion powder, basil, oregano, garlic powder, salt. <b>Marinara Sauce:</b> diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water						
Tandoori Chicken	Amish chicken. <b>Tandoori Sauce:</b> Soy yogurt, lemon, garam masala, garlic, ginger.	X					
Turkey Meatloaf Muffin	<b>Muffin:</b> Ground turkey, spinach, onion powder, garlic powder, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt. <b>Gravy:</b> water, vegetable stock, salt, celery, parsnip, onions, garlic, carrots, cornstarch.						
Turkey Sloppy Joes	Ground beef, sweet peppers, onion, garlic, vegetable oil, brown sugar, salt, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, sugar, anchovy puree), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid).						

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**Sides Ingredient List**  
**Spring 2013**



Menu Items		Allergens					
Vegetable Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Spring Peas	Spring Peas, Sea Salt						
Peas & Carrots	Peas, Carrots, Sea Salt						
Broccoli	Broccoli, Sea Salt						
Ranch Dip	Organic nonfat dry milk, sea salt, organic cane sugar, organic garlic, organic onion, organic carrot, organic celery seed, xanthan gum, organic parsley, organic black pepper, organic natural butter flavor, lactic acid powder				x		
Green Beans	Green Beans, Sea Salt						
Carrots	Carrots, Sea Salt						
Cauliflower & Carrots	Cauliflower, Carrots, Sea Salt						
Cucumbers	Cucumbers						
Veggie Blend	Any of the following: Peas, Carrots, Cauliflower, Sea Salt						
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil, Olive Oil, Brown Sugar, Sea Salt, Black Pepper						
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				x		
Soy Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt						
Sweet Peas	Peas, Sea Salt						
Butternut Squash	Butternut Squash, Vegetable Oil, Brown Sugar, Sea Salt.						
Fruit Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Pineapple	Pineapple						
Poached Pears	Pears, Agave Nectar, Brown Sugar, Cinamon						
Banana	Banana						
Cantaloupe	Cataloupe						
Orange Slices	Oranges						
Fruit Salad	<b>2 or more:</b> Water Melon, Cantaloupe, Honey Dew, Pineapple, Apple, Pear,						
Apple Slices	Apples, Calcium Ascorbate						
Apple Sauce	Apples, Brown Sugar						
Pear Slices	Pears						
Watermelon	Watermelon						
Honeydew	Honeydew melon						
Appleberry Sauce	Apples, Blackberries, Blueberries, Raspberries, Strawberries, Water, Sugar.						

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**Breads Ingredient List  
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Menu Items		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Corn Tortilla	Stone ground corn, water, sodium propionate, sorbic acid, trace of lime						
Flour tortilla	Bleached wheat flour, shortening, rice flour, and salt. 2% or less baking powder, gluten, mono and diglycerides, preservative blend, sugar, cellulose gum, yeast, butter buds.			X			
Gluten Free Bread	Water, Brown Rice Flour, Tapioca Flour, Whole Grain Sorghum Flour, Eggs, Organic Agave Syrup, Whole Grain Teff, Whole Grain Millet, Xanthan Gum, Extra Virgin Olive Oil, Sugarcane Molasses, Whole Grain Quinoa, Whole Grain Amaranth, Organic Corn Meal, Yeast, Cultured Brown Rice Flour, Sea Salt, Natural Enzymes		X				
Gluten Free Bun	Water, White Rice Flour, Potato Starch, Tapioca Starch, Sunflower and/or Canola Oil, Sugar, Egg White Powder, Corn Starch, Cellulose, non-Hydrogenated Shortening (palm fruit and/or canola), Psyllium Fiber, Yeast, Modified cellulose, Rice Starch, Salt, Cultured Corn Syrup Solids, Maltodextrin, Citric Acid, Modified Cellulose, Vitamin and Mineral Blend(Thiamine, Riboflavin, Niacin, Folic Acid, Iron), Enzymes		X				
Naan	Unbleached unbromated enriched flour, B complex vitamin, iron, water, soybean oil, 2% or less amylase, dextrose, fumaric acid, guar gum, maltodextrin, monocalcium phosphate, sesame flour, sodium bicarbonate, sorbic acid, soy flour, soy protein isolate, sugar			X			
Parkerhouse Roll	Unbleached flour, durham flour, butter, milk, sugar, eggs, shortening, sea salt, yeast, ascorbic acid		X	X	X		
Pita	Water, flour, salt, sugar, yeast.			X			
Pizza Dough	Whole wheat flour, yeast, water, salt			x			
Wheat Pullman	Water, enriched wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid, whole wheat flour, vegetable oil, salt, corn syrup, yeast, wheat gluten, dough conditioner, soybean oil			X			
Whole Wheat Bun	Harvest King, whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme			X			
Whole Wheat Roll	Harvest King, whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme			X			

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities

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