



Pre-K Fall Menu

} september
 } october
 } november

monday	tuesday	wednesday	thursday	friday
September 1, 29 Cheesy Pizza Broccoli Appleberry Sauce	September 2, 30 Turkey Meatball Marinara <i>Veggie Meatballs</i> Local Peas Fresh Cantaloupe Whole Grain Bread	September 3 Macaroni & Cheese Fresh Cucumber Fresh Orange Slices	September 4 Roast Turkey w/ Gravy <i>Tofurkey</i> Butternut Squash Fruit Salad Whole Grain Bread	September 5 Adobo Chicken <i>Vegetarian Chicken</i> Green Beans Pineapple Whole Grain Tortilla
September 8 Chicken Nuggets <i>Veggie Nuggets</i> Oven-Glazed Carrots Pineapple Chunks Whole Grain Bread	September 9 Chili Cucumbers Orange Slices Elbow Macaroni	September 10 Sweet Apple Chicken Curry <i>Vegetarian Chicken</i> Green Beans Cantaloupe Whole Grain Bread	September 11 Pasta Marinara Broccoli Apple Slices	September 12 Beef Stroganoff <i>Veggie Stroganoff</i> Local Peas Fruit Salad
September 15 Fish Tenders <i>Sweet Potato Bites</i> Fresh Broccoli Appleberry Sauce Whole Grain Bread	September 16 Sweet & Sour Chicken <i>Vegetarian Chicken</i> Mixed Asian Veg Fresh Pineapple Brown Rice	September 17 Baked Ziti Cucumber Banana	September 18 Turkey Sloppy Joe <i>Veggie Sloppy Joe</i> Oven Glazed Carrot Honeydew Whole Grain Bun	September 19 Fiesta Burrito Local Peas Fruit Salad
September 22 Beef Burger <i>Veggie Burger</i> Broccoli Fresh Cantaloupe Whole Grain Bun	September 23 Four Cheese Raviolini Fresh Cucumber Apple Slices	September 24 Turkey Meatloaf Muffins <i>Vegetarian Meatloaf</i> Carrot Coins Watermelon Whole Grain Bread	September 25 Asian BBQ Chicken <i>Vegetarian Chicken</i> Mashed Potatoes Fruit Salad Whole Grain Bread	September 26 Mexican Lasagna Green Beans Honeydew





GFDF Pre-K Fall Menu

} september
 } october
 } november

monday	tuesday	wednesday	thursday	friday
September 1, 29 GF Pasta Marinara w/ DF Mozzarella Broccoli Appleberry Sauce	September 2, 30 Turkey Meatball Marinara Local Peas Fresh Cantaloupe GF Bread	September 3 GFDF Macaroni & Cheese Fresh Cucumber Fresh Orange Slices	September 4 Roast Turkey w/ Gravy Butternut Squash Fruit Salad GF Bread	September 5 Adobo Chicken Green Beans Pineapple Corn Tortilla
September 8 Grilled Chicken Oven-Glazed Carrots Pineapple Chunks GF Bread	September 9 Chili Cucumbers Orange Slices GF Pasta	September 10 Sweet Apple Chicken Curry Green Beans Cantaloupe GF Bread	September 11 GF Pasta Marinara Broccoli Apple Slices	September 12 GFDF Beef Stroganoff Local Peas Fruit Salad
September 15 Catfish Fillet Fresh Broccoli Appleberry Sauce GF Bread	September 16 Sweet & Sour Chicken Mixed Asian Veg Fresh Pineapple Brown Rice	September 17 GF Pasta Marinara w/ DF Cheese Cucumber Banana	September 18 Turkey Sloppy Joe Oven Glazed Carrot Honeydew GF Bun	September 19 GFDF Cheese Tamale Local Peas Fruit Salad
September 22 Beef Burger Broccoli Fresh Cantaloupe GF Bun	September 23 GF Pasta Marinara w/ DF Cheese Fresh Cucumber Apple Slices	September 24 Turkey Meatloaf Muffins Carrot Coins Watermelon GF Bread	September 25 Asian BBQ Chicken Soy Potatoes Fruit Salad GF Bread	September 26 DFGF Mexican Lasagna Green Beans Honeydew



PreK Lunch Ingredients List Fall 2014

Allergens

Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Adobo Chicken	Amish Chicken. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder.	X					
Asian BBQ Chicken	Antibiotic-free Chicken. Sauce: Ketchup, hoisin sauce, rice wine vinegar, gluten-free soy sauce, toasted sesame oil, fresh ginger.	X					
Baked Chicken Tenders	chicken breast, water, salt, unbleached wheat flour, water, salt, evaporated cane juice, dried yeast, spices, paprika.			X			
Baked Ziti	Pasta: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. Cheese Filling: low fat cottage cheese, eggs, part-skim Mozzarella, parmesan. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, heavy cream, sugar.		X	X	X		
Beef Burgers	Grass-fed beef, salt, pepper. Served on whole grain bun (see bread ingredients).			X (Bun Only)			
Beef Stroganoff	Enriched egg noodles: enriched durum wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), whole eggs). Sauce: onion, button mushrooms, cream of mushroom soup (water, organic mushrooms, organic creme fraiche (cultured cream), organic rice starch, organic rice flour, sea salt, organic onion powder, organic garlic powder), water, sour cream, ground beef.		X	X	X		
Cheesy Pizza	Dough: Whole wheat flour, yeast, water, salt. Sauce: 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. Topping: Mozzarella cheese, cheddar cheese.			X	X		
Creamy Mac 'n Cheese	Pasta shells: durum wheat semolina flour, water. Cheese Sauce: American cheese (cultured pasteurized milk and skim milk, water, cream, milkfat, salt, less than 2% of sodium phosphate, enzymes), cheddar cheese, rice flour, milk, butter.			X	X		
Fiesta Burrito	Burrito: flour tortilla (see bread ingredients list), black beans, chihuahua cheese, vegetable oil (soybean oil), onions, salt. Salsa (inside burrito): Tomatoes, onion, garlic, oregano, basil, lime juice.	X		X	X		
Fish Tenders	Rainbow trout (minced trout meat, trout meat, water, salt, corn syrup solids, onion powder, garlic powder, sodium phosphate), whole wheat flour, enriched wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, water, salt, enriched degerminated yellow corn flour (corn flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), enriched rice flour (rice flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), sugar, wheat gluten, yeast, enriched defatted soy flour (soy flour, niacin, iron, thiamine mononitrate, folic acid, riboflavin), malted barley flour, leavening (sodium bicarbonate, monocalcium phosphate).	X		X		X	
Mexican Lasagna	Whole wheat tortilla (see bread ingredients), pinto beans, cheddar cheese, salsa (tomatoes, onion, garlic, oregano, lime juice), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid).	X		X	X		
Pasta Marinara	Pasta: durum wheat semolina flour, water. Sauce: 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. Served w/ mozzarella cheese.			X	X		
Roast Turkey w/ Gravy	Michigan turkey breast. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch.						
Sweet & Sour Chicken	Antibiotic-free chicken. Sweet & Sour Sauce: onion, red pepper, garlic, vegetable oil, sugar, cider vinegar, water, cornstarch, salt, pineapple.	X					
Sweet Apple Chicken Curry	Amish chicken. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, flour, butter, celery, cinnamon, cumin.	X		X	X		

Three Bean Chili Mac	Onion, green pepper, black beans, white beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Served with elbow macaroni: durum wheat semolina flour, water.		X (Pasta Only)	X (Pasta Only)			
Four Cheese Raviolini	Ravioli: Semolina durum wheat, water, ricotta cheese, mozzarella cheese, asiago cheese, parmesan cheese, dehydrated potatoes, olive oil, whole egg, salt. Marinara: 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		
Turkey Meatball Marinara	Meatballs: Ground Michigan Turkey, whole wheat bread crumbs (see sliced wheat pullman ingredients), salt. Marinara Sauce: 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			
Turkey Meatloaf Muffin	Ground Michigan turkey, chopped frozen spinach, bread crumbs (see wheat pullman ingredients), ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt, garlic powder, onion powder, honey, mustard.			X			
Turkey Sloppy Joes	Ground Michigan turkey, red or green peppers, onion, garlic, vegetable oil (soybean 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). Served on whole grain bun (see bread ingredients).	X		X (Bun only)		X	

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Vegetarian Lunch Ingredients List Fall 2014		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Adobo "Chicken"	Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder.	X		X			
Asian BBQ "Chicken"	Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: ketchup, hoisin sauce, rice wine vinegar, gluten-free soy sauce, toasted sesame oil, fresh ginger.	X		X	X		
Baked Ziti	Pasta: Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt. Cheese Filling: low fat cottage cheese, eggs, part-skim Mozzarella, parmesan. Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, heavy cream, sugar.		X	X	X		
Buffalo "Chicken" Sandwich	Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: hot sauce, butter. Served on a whole grain bun.	X		X	X		
Chili Mac	Onion, pepper, beans (pinto, black, kidney), diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with elbow macaroni: durum wheat semolina flour, water.		X (Pasta Only)	X (Pasta Only)			
Creamy Mac 'n' Cheese	Pasta: durum wheat semolina flour, water. Cheese Sauce: American cheese (cultured pasteurized milk and skim milk, water, cream, milkfat, salt, less than 2% of sodium phosphate, enzymes), cheddar cheese, rice flour, milk, butter.		X	X	X		
Fiesta Burrito	Burrito: Flour tortilla (see bread ingredients list), black beans, chihuahua cheese, vegetable oil (soybean oil), onions, salt. Salsa (inside burrito): Tomatoes, onion, garlic, oregano, lime juice.	X		X	X		

Mexican Lasagna	Whole wheat tortilla (see bread ingredients), pinto beans, cheddar cheese, salsa (tomatoes, onion, garlic, oregano, lime juice), diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid).	X		X	X		
Pasta Marinara	Pasta: durum wheat semolina flour, water. Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water. Served w/ mozzarella cheese.		X	X	X		
Pizza	Dough: Whole wheat flour, yeast, water, salt. Sauce: 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. Topping: Mozzarella cheese, cheddar cheese.			X	X		
Raviolini Marinara	Ravioli: Semolina durum wheat, water, ricotta cheese, mozzarella cheese, asiago cheese, parmesan cheese, dehydrated potatoes, olive oil, whole egg, salt. Marinara: 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		
Sweet & Sour "Chicken"	Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: Red peppers, onion, garlic, pineapple, brown rice flour, apple cider vinegar, vegetable oil (soybean oil), water, sugar, and salt.	X		X			
Sweet Potato Bites	Sweet potatoes, egg whites, potato flakes, expeller pressed canola oil, arrowroot, brown sugar, salt.		X				
Three Bean Chili Mac	Onion, green pepper, black beans, white beans, northern beans, diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, salt. Served with elbow macaroni: durum wheat semolina flour, water.		X (Pasta only)	X (Pasta Only)			
Tofu Pup	Water, soy protein isolate, soy oil, organic spray dried tofu (organic dehulled soybeans, calcium sulfate), contains 2% or less natural flavors (from vegetable sources), beet powder, yeast extract, sunflower oil, natural smoke flavor, salt, paprika oleoresin, vegetable gums, tomato pulp.	X		X (Bun Only)			

Tofurkey w/ Gravy	Tofurkey: Mycoprotein (59%), water, onion, natural flavors from non-meat sources, refined rapeseed oil, rehydrated egg white, milk proteins, 2% or less of potato maltodextrin, salt, tapioca dextrin, yeast extract, onion powder, sage extract, garlic powder, gum arabic; sunflower, coconut and palm kernel oil. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch		X		X		
Vegetarian Taco	Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), taco seasoning (paprika, chili pepper, cumin, onion, whey, potato starch, salt, sugar, garlic, citric acid).	X		X	X		
Veggie "Chicken" Curry	Vegetarian Chicken: water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, organic ancient grain flour (kamut, amaranth, millet, quinoa), natural flavors (from plant sources), modified vegetable gum, yeast extract, sea salt, potato starch, organic cane sugar, onion powder, vinegar, garlic powder, pea protein, carrot fiber, beetroot fiber, extractives of paprika and turmeric, dehydrated vegetable (red bell pepper, garlic, onion), spices, organic cane sugar, salt. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, flour, butter, celery, cinnamon, cumin.	X		X	X		
Veggie Burgers	Carrots, onions, string beans, oat bran, soybeans, zucchini, peas, broccoli, corn, soy flakes, spinach, expeller pressed canola oil, red peppers, arrowtoot, corn starch, garlic, corn meal, salt, parsley, black pepper. Served on whole grain bun (see bread ingredients).	X		X (Bun Only)			
Veggie Meatballs	Vegetarian Meatballs: Mycoprotein (38%), Textured Vegetable Protein (Wheat Flour, Sodium Alginate, Caramel), Onion, Partially Rehydrated Egg White, Textured Wheat Protein (Wheat Protein, Wheat Starch), Canola Oil. Contains 2% or less of Rice Starch, Autolyzed Yeast Extract, Salt, Natural Flavors From Non-Meat Sources, Barley Malt Extract, Gum Arabic, Sugar, Nutmeg, Ginger, Coriander, Thyme, Sage, Black Pepper, Parsley, Chili Pepper, Allspice, Paprika Extract. Marinara Sauce: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion power, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water		X	X			
Veggie Meatloaf Muffin	Carrots, onions, string beans, oat bran, soybeans, zucchini, peas, broccoli, corn, soy flakes, spinach, expeller pressed canola oil, red peppers, arrowtoot, corn starch, garlic, corn meal, salt, parsley, black pepper.	X					
Veggie Sloppy Joes	Boca crumbles (water, soy protein, wheat gluten, malt extract, salt, wheat starch, yeast, sugar, onion, garlic powder), red & green 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 power, garlic powder, naturally derived citric acid).	X		X			

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Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Adobo Chicken	Amish Chicken. Adobo Sauce: tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), cider vinegar, sugar, chili powder, cumin, paprika, garlic powder, onion powder.	X					
Beef Burgers	Grass-fed beef, salt, pepper. Served on gluten-free bun (see bread ingredients).						
Buffalo Chicken Sandwich	Antibiotic-free chicken, hot sauce. Served on a gluten-free bun.						
Catfish	Catfish, salt, vegetable oil (soybean oil).	X					
GF Pasta w/ DF Cheese Sauce	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Sauce: Dairy-free mozzarella, monterey jack, & cheddar (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), soy milk.	X					
GF Pasta w/ Marinara Sauce	Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara: diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X					
GF Pasta w/Turkey Bolognese	Gluten-free Pasta: Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Marinara Sauce: Ground Michigan turkey, diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, onions, salt, sugar, oregano, basil, water.	X					
GFDF Baked Ziti	Gluten-free Pasta: Gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour). Cheese Filling: Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), vegetarian refried beans, onions, vegetable oil (soybean oil). Marinara: diced canned tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), canned tomato sauce (tomato paste, water, tomato juice, salt, onion powder, garlic powder, naturally derived citric acid), olive oil, garlic, oregano, basil, pepper, cornstarch, sugar.	X					
GFDF Sweet Apple Chicken Curry	Amish chicken. Sauce: olive oil, onion, garlic, salt, curry powder, brown sugar, granny smith apples, chicken broth, water, celery, cinnamon, cumin.						

GFDF Tamale	Dairy-free cheese (filtered water, organic palm fruit oil, modified food starch, less than 2% of: pea fiber, bamboo fiber, nutritional yeast, lactic acid, calcium sulfate, carrageenan, citric acid, disodium phosphate, vegetable glycerin, sunflower lecithin, natural flavors, sea salt, sodium citrate, annatto, titanium dioxide, xanthan gum), vegetarian refried beans, onions, vegetable oil (soybean oil), cornmeal, shortening.	X					
GFDF Turkey Meatloaf Muffins	Ground Michigan turkey, chopped frozen spinach, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), salt, garlic powder, onion powder, honey, mustard.						
Grilled Chicken	Antibiotic-free Chicken, salt, pepper.						
Roast Turkey w/ Gravy	Michigan turkey breast. Gravy: water, vegetable stock, salt, celery, carrots, onions, garlic, carrots, cornstarch.						
Sweet & Sour Chicken	Antibiotic-free chicken. Sweet & Sour Sauce: onion, red pepper, garlic, vegetable oil, sugar, cider vinegar, water, cornstarch, salt, pineapple.	X					
Three Bean Chili	Onion, pepper, beans (pinto, black, kidney), diced tomatoes (tomatoes, tomato juice, salt, naturally derived citric acid, calcium chloride), tomato paste, ketchup (tomato paste, water, sugar, vinegar, salt, onion powder, garlic powder), garlic powder, chili powder, brown sugar, cinnamon, cumin. Served with gluten-free pasta (organic rice flour, organic rice starch, organic potato starch, organic soy flour).	X (Gluten-Free Pasta)					
Turkey Hot Dog	Turkey, water, salt, corn syrup solids, less than 2% of the following: potassium lactate, dextrose, sodium dicetate, sodium phosphate, natural smoke flavor, sodium erythorbate, sodium nitrate. Served on a gluten-free bun.						
Turkey Meatball Marinara	Meatballs: Ground Michigan Turkey, salt. Marinara Sauce: 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.						
Turkey Sloppy Joes	Ground Michigan turkey, red or green peppers, onion, garlic, vegetable oil (soybean 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). Served on gluten-free bun (see bread ingredients).	X				X	

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Fruit & Veggie Sides Ingredients Fall 2014		Allergens					
Vegetable Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Broccoli	Broccoli						
Butternut Squash	Butternut squash						
Cauliflower	Cauliflower						
Carrots	Carrots, Sea Salt						
Corn	Corn						
Cucumbers	Cucumbers						
Green Beans	Green Beans						
Mashed Potatoes	Potatoes, Milk, Butter, Sea Salt				X		
Soy Potatoes (Dairy Free)	Potatoes, Soy Milk, Sea Salt	X					
Asian Veggies	Carrots, Broccoli, Water Chestnuts, & Bok Choy						
Peas	Peas						
Oven Glazed Carrots	Carrots, Oil, Brown Sugar.				X		
Roasted Sweet Potatoes	Sweet Potato, Vegetable Oil (Soybean Oil), Olive Oil, Brown Sugar, Sea Salt, Black Pepper	X					
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, mayonaise (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice, calcium disodium), buttermilk.	X	X		X		
Tomato Mango Salsa	Tomatoes, mango, cilantro						
Fruit Items	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Apple Slices	Apples, Calcium Ascorbate						
Appleberry Sauce	Apples, Blackberries, Blueberries, Raspberries, Strawberries, Water, Sugar.						
Applesauce	Apples, water, cane sugar.						
Banana	Banana						
Cantaloupe	Cantaloupe						
Fruit Salad	2 or more: Watermelon, Cantaloupe, Honeydew, Pineapple						
Honeydew	Honeydew melon						
Orange Slices	Oranges						
Pear Slices	Pears						
Pineapple	Pineapple						
Watermelon	Watermelon						

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Bread Ingredients Fall 2014		Allergens					
Item	Ingredients	Soy	Egg	Wheat/Gluten	Dairy	Fish	Shellfish
Corn Tortilla	Stone ground corn, corn oil, sea salt, calcium, hydroxide						
Flour tortilla	Whole wheat flour, water, bleached wheat shortening (interesterified soybean oil with distilled mono glycerides added), sugar. 2% or less of the following: rice flour, salt, baking powder, yeast, preservative blend (calcium propionate, sodium propionate, potassium sorbate, and citric acid), butter buds, dough conditioner	X		X	X		
Gluten Free Bread	Filtered water, brown rice flour, rice flour, tapioca starch, pear juice concentrate, high oleic safflower oil, yeast, methylcellulose, sodium carboxymethylcellulose, orange citrus fiber, baking powder, calcium phosphate. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D						
Gluten Free Bun	Filtered water, rice flour, tapioca starch, high oleic safflower oil, pear juice concentrate, bamboo fiber, yeast, methylcellulose, tapioca syrup, guar gum, organic palm fruit oil, salt, orange citrus fiber, calcium phosphate, baking powder. Enriched with thiamin (vitamin B1), riboflavin (vitamin B2), niacin, iron, folic acid and vitamin D						
Hot Dog Bun	Whole wheat, water, salt, brown sugar, shortening, saf/red yeast, lecithin, wheat gluten, enzyme	X		X			
Wheat Roll	Whole wheat flour, enriched wheat flour, water, yeast, sugar			X			
Pita	Enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate (B1), riboflavin (B2), folic acid), water, cracked wheat, yeast, contains 2% or less of vital wheat gluten, salt, sugar, soybean and/or canola oil, dough conditioner (calcium sulfate, acacia gum, vegetable mono- and diglycerides, and enzymes), caramel color, baking powder (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), sodium stearoyl lactylate, calcium propionate and potassium sorbate (preservatives)	X		X			
Pizza Dough	Whole wheat flour, yeast, water, salt			X			
Sliced Wheat Pullman	Whole wheat flour, water, enriched wheat flour, yeast, soybean oil, wheat gluten, salt, dough conditioner	X		X			
Whole Wheat Bun	Whole wheat flour, water, enriched wheat flour, yeast, soybean oil, wheat gluten, salt, dough conditioner	X		X			

Gourmet Gorilla does not use peanut or tree-nut ingredients in any of our recipes and we do not handle peanuts or tree nuts in our facility. However, we do bring in products and fresh baked goods that are produced in facilities that may handle and process nuts, so we cannot guarantee that meals are completely free of traces of nut, or nut residue.

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