



## Allergy List October, 2016 – September, 2017

### 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](mailto: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, caseine, 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

8/31/16

**-LUNCH CONTINUED-**

If your allergy is to Milk, cheese, or milk powder do not eat any of the following:

All 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

Ranch style chicken leg

If your allergy is to corn, corn syrup or corn starch , 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

**-LUNCH CONTINUED-**

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

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

If your allergy is to tomatoes, 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

8/31/16

**-LUNCH CONTINUED-**

**If your allergy is to strawberries, 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 wheat, 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**

**8/31/16**