

**ELIZABETH SETON HIGH SCHOOL  
INGREDIENT LIST MARCH 2015**

**MARCH 2**

**NO LUNCH SERVICE**

**MARCH 3**

**CORN CHOWDER**

*Corn (corn, water, sugar, salt), Chicken Stock, Potatoes, Light Cream, Onions, Wheat Flour, Soybean Oil, Celery, Sugar, Sea Salt, Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), spices **Contains milk, soy wheat, fish (anchovy) ingredients.***

**CHICKEN AND BROCCOLI ALFREDO**

*Linguini, Olive Oil, Broccoli, Diced Chicken, Parmesan Cheese, Heavy Cream, Onion, Garlic, Nutmeg, Butter, Flour, Pepper, Salt **Contains Milk, Wheat***

**PASTA PRIMAVERA**

*Fusilli Pasta, EVOO, Carrot, Broccoli, Cauliflower, Alfredo Sauce (Butter, Heavy Cream, Garlic Parmesan Cheese, Parsley) Parmesan Cheese, Parsley, contains **Dairy, Wheat***

**FRESH VEGETABLE BLEND**

*Fresh Vegetables, Olive Oil, Salt & Pepper*

**MARCH 4**

**FLANK STEAK**

*Flank Steak, Salt, Peppercorns, Oil*

**BROWN GRAVY**

*Modified Cornstarch, Maltodextrin, Wheat Flour, Salt, Soybean Oil, Beef Fat (TbHQ, BHT And Citric Acid Added To Improve Stability), Caramel Color, Sugar, Less Than 2% Of Whey, Autolyzed Yeast Extract, Silicon Dioxide, Potassium Chloride, Disodium Inosinate/Disodium Guanylate, Hydrolyzed Wheat And Corn Gluten, Hydrolyzed Soy And Corn Proteins, Spices, Natural And Artificial Flavors, Lactic Acid, Beet Powder, Corn Syrup Solids, Calcium Lactate, Onion Powder, Ammonium Chloride, Beef Stock, Garlic Powder, Tricalcium Phosphate, Modified Tapioca Starch, Rum, Citric Acid, Modified Palm Kernel Oil, Soy Lecithin. **Contains: Milk, Soy, Wheat Ingredients.***

**MOUSSAKA**

*Eggplant, Olive Oil Blend, Kosher Salt, Black Pepper, Oregano, Garlic, Allspice, Diced Tomato, Butter, Flour, Milk, Kosher Salt, Nutmeg, Egg, Italian Bread Crumbs, Parmesan Cheese **contains Milk, Egg***

**MASHED GARLIC POTATOES**

*Russet Potatoes, Garlic, Butter, Whole Milk, Salt, Pepper **Contains Milk***

**COLLARD GREENS**

*Collard Greens, Olive Oil, Garlic, Salt*

**CREAM CHEESE BROWNIES**

*Granulated Sugar, Eggs, Semi-Sweet Chocolate Chips, Flour, Butter, Margarine-Transfat Free, Cream Cheese, Cocoa, Vanilla Extract, Salt, Baking Powder **Contains Egg, Dairy, Wheat***

## MARCH 5

### FRENCH ONION SOUP

*Onions, Beef Stock, Chicken Stock, Burgundy Wine, Butter (cream, salt), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves tamarind extract, natural flavorings, chili pepper extract), Water, Tamari Sauce (water, soybeans, salt), Sugar, Garlic, Brandy, Sea Salt, Spices, Pepper Sauce (distilled vinegar, red pepper, salt). **Contains milk, fish (anchovy), soy***

### CHICKEN SHAWARMA

*Chicken Strips, Plain Yogurt, Garlic, Lemon Juice, Cinnamon, Oregano, Salt, Nutmeg, Cloves; Yogurt Sauce: Greek Yogurt, Garlic, Dill, Salt; Whole Wheat Pita, Romaine Lettuce, Diced Cucumber, Roma Tomatoes **Contains Dairy, Wheat***

### VEGGIE SHAWARMA

*Ratatouille Mix, Minced Garlic, Lemon Juice, Cinnamon, Oregano, Salt, Nutmeg, Cloves; Yogurt Sauce: Greek Yogurt, Garlic, Dill, Salt; Whole Wheat Pita, Romaine Lettuce, Diced Cucumber, Roma Tomatoes, **Contains Dairy, Wheat***

### TABBOULEH

*Couscous, Diced Tomato, Parsley, Green Onion, Mint, Lemon Juice, Olive Oil, Salt, Pepper, **Contains Wheat***

## MARCH 6

### CHEESE ENCHILADA

*Corn tortilla, pasturized processed american cheese, water, sodium citrate, milkfat, salt, water, tomato paste, dehydrated onion, potato flakes, salt, chili powder, xanthan gum, sodium alginate. Enchilada Sauce: Crushed Tomatoes, Water, Distilled Vinegar, Modified Food Starch, Spice, Salt, Sugar, Vegetable Oil, Dehydrated Garlic, Dehydrated Onions, Citric Acid **Contains: Milk***

### STEAMED WHITE RICE (GF)

*White Rice, Water, Salt*

### GREEN PEAS & CARROTS (GF)

*Peas, Carrots, Kosher Salt, Pepper, Water*

### BLUEBERRY CAKE

*Flour, Eggs, Soya Oil, Blueberries, Baking Powder, **Contains Eggs, Soy, Wheat***

## MARCH 9

### ALL BEEF HOT DOGS

*Beef, Water, Contains Less than 2% of: Salt, Sorbitol Sodium Lactate, Hydrolyzed Soy, Corn and Wheat Gluten Protein, Paprika, Natural Flavorings, Sodium Doacetate, sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. **Contains Soy, Wheat.***

### GARDEN BURGER - BLACK BEAN BURGER (V)

*Water, Cooked Black Beans (Water, Black Beans, Salt), Cooked Brown Rice (brown rice, water), soy protein concentrate, onions, whole kernel corn, bulgur wheat with water for hydration, soy protein isolate, green chiles, mid-oleic canola oil, salt, contains two percent or less of spices, red bell peppers, modified vegetable gum, yeast extract, sugar, onion powder, tomato powder, natural flavor, garlic powder, paprika (for color) turmeric color, caramel color **Contains Soy protein, wheat***

### BAKED BEANS

*Prepared White Beans, Water, Brown Sugar, Sugar, Salt, Mustard (Water, Vinegar, Mustard Seed, Salt, Turmeric, Spices), Bacon, Modified Corn Starch, Onion Powder, Caramel Color, Spices, Garlic Powder and Natural Flavor.*

### YOGURT, PEACH & RASPBERRY

*Cultured pasteurized grade A low fat milk, sugar, raspberries, modified corn starch, nonfat milk, high fructose corn syrup, kosher gelatin, citric acid, colored with beet juice concentrate, tricalcium phosphate, natural flavor, pectin, vitamin A acetate, vitamin D3. With active yogurt cultures including L. acidophilus* **Contains Milk**

MARCH 10

### BUTTERNUT SQUASH AND APPLE SOUP

*Butternut Squash, Chicken Stock, Apples, Light Cream, Onions, Butter (cream, salt), Honey, Sherry Wine, Sea Salt, Chicken Fat, Spices* **Contains milk**

### BUTTERMILK BAKED CHICKEN

*Chicken, water, salt, sodium phosphates, breaded with bleached wheat flour, water, yellow corn flour, vital wheat gluten, salt, modified corn starch, dried egg whites, spices, leavening (sodium acid pyrophosphates, sodium bicarbonate, monocalcium phosphate) paprika extract (color), onion powder, honey powder (corn syrup solids, dried honey, wheat starch, soy flour, calcium stearate lecithin), spice extract)* **Contains wheat, soy, egg**

### SPINACH QUICHE

*Frozen Spinach, Eggs, Milk, Flour, Cheddar Cheese, Mozzarella Cheese, Monterey Jack Cheese, Pie Dough.*  
**Contains Wheat, Eggs and Milk**

### POTATO AU GRATIN

*Potatoes, Milk, Nutmeg, Butter, Parmesan Cheese* **Contains Milk**

MARCH 11

### BEEF STROGANOFF SERVED OVER EGG NOODLES

*Julienne of Beef Strip, Sour Cream, Salt & Pepper, Paprika, Demi Glaze, Tomato Paste, Flour, Water, Eggs, Salt, Olive Oil* **Contains Eggs, Dairy**

### EGG NOODLES

*Egg Pasta, Water, Olive Oil, Salt, Pepper,* **Contains Egg**

### RATATOUILLE

*Vegetable Oil, Yellow Onion, Garlic, Tomato Sauce, Red Pepper, Green Peppers, Eggplant, Zucchini, Italian Seasoning, Flour, Red Pepper Flakes, Kosher Salt, Pepper,* **Contains Wheat**

### GREEN BEANS (GF)

*Green Beans, Olive Oil, Salt & Pepper*

### OATMEAL RAISIN COOKIES

*Butter, Brown Sugar, Granulated Sugar, Eggs, Vanilla, Bread Flour, Baking Soda, Ground Cinnamon, Salt, Oats, Golden Raisins* **Contains Egg, Dairy, Wheat**

MARCH 12

### HUNGARIAN MUSHROOM SOUP

*Beef Stock, Mushrooms, Light Cream, Onions, Wheat Flour, Carrots, Madeira wine, Soybean Oil, Sour Cream (cultured light cream, nonfat milk, enzymes), Butter (cream, salt), Sea Salt, Paprika, Spices* **Contains milk, wheat, soy oil**

### CHICKEN CAPRESE

*Chicken, Italian Seasoning, Lemon Peel, Olive Oil Blend, Balsamic Vinegar, Roma Tomatoes, Mozzarella Cheese, Basil,* **Contains Dairy**

### EGGPLANT PARMESAN

*Eggplant, Bread Crumbs, Reduced Fat Mozzarella Cheese, Salt, Pepper, Marinara Sauce (Diced Tomatoes, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Lemon Juice)*  
**Contains Milk, Wheat, Soy**

**PENNE PASTA**

*Whole Wheat Penne Pasta, Water, Olive oil **contains wheat***

**MARINARA SAUCE (GF)**

*Diced Tomatoes in Juice, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Carrot Fiber, Natural Flavor, Citric Acid, Calcium Chloride, Lemon Juice Concentrate, Xanthan Gum **Contains Soy***

**FRESH VEGETABLE MEDLEY (GF)**

*Olive Oil, Vinegar, Broccoli, Red Peppers, Yellow Peppers, Red Onion*

**MARCH 13**

**FIESTA CHEESE EMPANADA**

*Swiss, mozzarella, and regiano parmesano cheeses with brandy-caramelized onions Dough: Wheat Flour, Water, Margarine, Salt, Egg Wash **Contains Wheat, Eggs, Milk***

**BLACK BEANS AND CORN (GF)**

*Black Beans, Corn, Red Onion, Salt, Pepper*

**ITALIAN ICE (GF)**

*Water, Sugar, Corn Syrup, Cherry Juice, Natural Flavor, Citric Acid, Xantan Gum, Vitamin C, Beet Juice, Soy Protein **Contains SOY***

**MARCH 16**

**CHICKEN CAESAR SALAD (GF)**

*Grilled chicken, salt, pepper, Romaine Lettuce, Croutons, Parmesan Cheese Caesar Dressing (Mayonnaise, Egg Yolk, Vinegar, Salt, Pepper) **Dressing Contains Egg, Dairy. Croutons contain Wheat***

**VEGETABLE CAESAR SALAD (GF)**

*Mushrooms, Zucchini, Green Peppers, Olive Oil Blend, Tomatoes, Parmesan Cheese, Romaine Lettuce, Caesar Salad Dressing **Dressing contains Egg, Dairy. Croutons contain Wheat***

**CORNBREAD**

*Eggs, Sugar, Soya Oil, Flour, Baking Powder, Salt, Cornmeal **Contains Eggs, Soy, Wheat***

**JELL-O CUPS**

*Filtered Water, Sugar, Fruit Juice Concentrate of Apple, Peach, Pineapple, Potassium Citrate, Locust Bean, Yellow#6, Red #40*

**MARCH 17**

**GRILLED EGGPLANT SOUP**

*Tomato Strips (tomatoes, salt, naturally derived citric acid), Water, Eggplant, Zucchini, Summer Squash, Green Peppers, Onions, Olive Oil, Sea Salt, Celery, Corn Starch, Parsley, Garlic, Spices, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt)*

**ROTISSERIE TURKEY BREAST (GF) SERVED WITH GRAVY**

*Turkey Breast, Chicken Stock, Gravy (Chicken Stock, Flour, Celery, Onion, Carrots, Salt, Pepper, Sage) **Contains Wheat.***

**SPINACH QUICHE**

*Frozen Spinach, Eggs, Milk, Flour, Cheddar Cheese, Mozzarella Cheese, Monterey Jack Cheese, Pie Dough. **Contains Wheat, Eggs and Milk***

**ROASTED YUKON GOLD POTATO**

*Yukon Gold Potatoes, Olive Oil, Garlic, Salt, Pepper*

### **GREEN PEAS (GF)**

*Peas, Kosher Salt, Water, Pepper*

**MARCH 18**

### **PULLED CHICKEN BBQ SANDWICH**

*Chicken Meat, Water, Seasoning (sugar, molasses, maltodextrine, dextrose, flavor, corn syrup solids, salt, sodium diacetate, barley malt flour, caramel color, modified corn starch, monosodium glutamate, paprika extractives, smoke flavor, sulfites, tomato powder, vinegar solids), Modified Food Starch, Salt, Sodium Phosphates, Mono & De-Glycerides and Malto Dextrin, Barbeque Sauce (Distilled vinegar, high fructose corn syrup, tomato paste, water, corn syrup, salt, mustard bran, molasses, spices, onion powder, sodium benzoate (0.1% as a preserve), Garlic Powder, Sugar, Caramel Color, Natural Flavor*

### **PULLED PORK BBQ**

*Pork, Sauce (Water, Tomato Paste, Mustard [Water, Distilled Vinegar, Mustard Seed, Salt, Turmeric], Vinegar, Sugar, Brown Sugar, Hickory Smoke Flavoring, Seasoning [Salt, Spices, Garlic Powder], Seasoning [Dextrose, Salt, Onion Powder, Garlic Powder, Spice Extractives, Lecithin (Contains Soy)], Sauce Base [Water, Soy Sauce (Water, Wheat, Soybeans, Salt), Salt, Vinegar, Caramel Color, Dextrose, Sugar, Molasses, Corn Syrup, Spices, Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten, Natural Smoke Flavor, Garlic Powder, Anchovies, Tamarind And Natural Flavor, Malic Acid, Polysorbate 80], Salt). **Contains Fish, Soy, Wheat***

### **CORN PUDDING**

*Corn, eggs, heavy cream, condensed milk, all purpose flour, baking powder, salt **Contains Eggs, Milk, wheat***

### **COLE SLAW**

*Mayonnaise (**contains Soybean Oil, Eggs**) Celery Seed, Sugar, Salt Pepper, Carrots, Cabbage, Garlic*

### **CREAM CHEESE CRUMB CAKE**

*Flour, Whole Eggs, Salt, Granulated Sugar, Baking Powder, Soya Oil, Cocoa Powder, Cream Cheese, Powdered Sugar **Contains Eggs, Dairy, Soy***

**MARCH 19**

### **PASTA E FAGIOLI SOUP**

*Chicken Stock, White Beans, Tomato Strips (tomatoes, salt, naturally derived citric acid), Leeks, Spinach, Onions, Celery, Tubettini (semolina, durum flour, egg whites) Uncured Bacon (pork, water, brown sugar, salt, vinegar, celery powder, cherry powder, green tea extract, lactic acid starter culture), Olive Oil, Parmesan Cheese (part-skim milk, cheese cultures, salt, enzymes) Garlic, Sea Salt, Parsley, Spices **Contains wheat, egg, milk***

### **CHICKEN PARMESAN WRAP**

*Chicken Tenders, Marinara, Mozzarella cheese, Parmesan cheese, Tortilla **Contains Dairy, Wheat, Soy***

### **TOMATO MOZZARELLA WRAP**

*Sundried tomato tortilla, tomato, mozzarella cheese, basil **Contains Wheat, Dairy***

### **ITALIAN VEGETABLE BLEND (GF)**

*Broccoli, Cauliflower, Carrots, Red Pepper, Kosher Salt, Pepper*

**MARCH 20**

### **BOW TIE PASTA**

*Pasta, Kosher Salt, Pepper, Olive Oil, **Contains Wheat***

### **MARINARA SAUCE (GF)**

*Diced Tomatoes in Juice, Tomato Puree, Onions, Sauterne Wine, Corn Syrup, Crushed Garlic, Salt, Olive Oil, Soybean Oil, Spices, Carrot Fiber, Natural Flavor, Citric Acid, Calcium Chloride, Lemon Juice Concentrate, Xanthan Gum **Contains Soy***

#### ALFREDO SAUCE

*Cream, Skim Milk, Soybean Oil, Canola Oil, Parmesan Cheese (Cultured Milk, Salt, Enzymes), Water, 2% Or Less Of Modified Cornstarch, ASIAGO Cheese (Cultured Milk, Salt, Enzymes), Salt, Romano Cheese (Made From Cow's Milk), Pasteurized Milk, Cheese Culture, Salt, Enzymes), Dried Cream Powder (Cream, Nonfat Milk, Tocopherols And Ascorbyl Palmitate [To Help Protect Flavor]), Enzyme Modified Parmesan Cheese (Cultured Milk, Water, Salt, Enzymes), Whey Protein Concentrate, Lactose (Contains Milk), Datem, Spice, Xanthan Gum, Extracts Of Turmeric And Annatto Coloring With Wheat Starch And Soybean Oil, Seasoning (Maltodextrin, Flavor, Enzyme Modified Butterfat).* **Contains: Milk, Wheat, Soy Oil**

#### PESTO SAUCE

*Basil, Parmesan Cheese, EVOO, Heavy Cream,* **Contains Dairy**

#### FRESH VEGETABLE MEDLEY (GF)

*Olive Oil, Vinegar, Broccoli, Red Peppers, Yellow Peppers, Red Onion*

#### LEMON BARS

*Sweet Cream Butter, Granulated Sugar, Flour, Lemon, Confectioners Sugar, Eggs, Baking Powder* **Contains Eggs, Dairy, Wheat**

#### MARCH 23

#### MEAT LOAF

*Red Onion, Ground Beef, Dijon Mustard, Garlic, Parsley, Thyme, Milk, Bread, Worcestershire, Egg Substitute* **Contains Milk, Wheat, Egg**

#### GARDEN BURGER - BLACK BEAN BURGER (V)

*Water, Cooked Black Beans (Water, Black Beans, Salt), Cooked Brown Rice (brown rice, water), soy protein concentrate, onions, whole kernel corn, bulgur wheat with water for hydration, soy protein isolate, green chiles, mid-oleic canola oil, salt, contains two percent or less of spices, red bell peppers, modified vegetable gum, yeast extract, sugar, onion powder, tomato powder, natural flavor, garlic powder, paprika (for color) turmeric color, caramel color* **Contains Soy protein, wheat**

#### MASHED GARLIC POTATOES

*Russet Potatoes, Garlic, Butter, Whole Milk, Salt, Pepper* **Contains Milk**

#### VEGETABLE BROCCOLI SPEARS (GF)

#### CHOCOLATE PUDDING

*Non-fat milk, Water, Sugar, Vegetable Oil, Palm Oil, Sunflower Oil, Cocoa, Salt, Corn Starch,* **Contains Dairy**

#### VANILLA PUDDING

*Non-fat milk, Water, Sugar, Vegetable Oil, Palm Oil, Sunflower Oil, Soya Oil, Natural Flavor,* **Contains Dairy, Soy Oil**

#### MARCH 24

#### SPLIT PEA & HAM SOUP (GF)

*Peas, Pork Stock, Onions, Uncured Ham (pork, water, sea salt, evaporated cane juice, celery powder, spices), Carrots, Celery, Pork Fat, Sea Salt, Garlic, Spices*

#### CHICKEN DRUMSTICKS TERIYAKI

*Chicken, Teriyaki Sauce, Salt & Pepper, Olive Oil, Fresh Ginger,* **Contains Soy**

#### VEGETABLE STIR FRY Broccoli, Carrot, Snow Peas, Baby Corn

*Broccoli, Carrot, Snow Peas, Corn, Soy Sauce* **Contains Soy**

#### STEAMED BROWN RICE

*Brown Rice, Salt, Pepper, Onion, Bay Leaf, Water, Olive Oil Blend*

MARCH 25

**STEAK AND CHEESE SUB**

*Beef, water, modified food starch, salt sodium phosphates, dextrose, hydrolyzed soy and corn protein, flavoring (extractives of onion and spices) Sliced Provolone Cheese, Grilled Peppers & Onions, Hoagie Rolls **Contains Wheat, Milk, Soy***

**ROASTED VEGGIE SUB**

*Red Peppers, Yellow Pepper, Portabella Mushrooms, Red Onion, Grilled Zucchini & Squash, Sub Roll **Contains Wheat***

**SUN CHIPS (original)**

*Whole corn, sunflower oil, whole wheat, rice flour, whole oat flour, sugar, salt, **Contains Wheat***

**TRIPLE RAISIN BAR**

*Shortening, Brown Sugar, Ground Cinnamon, Salt, Nutmeg, Clove, Ginger, Eggs, Molasses, Baking Soda, Baking Powder, Pastry Flour, Raisins **Contains Eggs, Wheat***

MARCH 26

**TOMATO BASIL SOUP (GF)**

*Tomatoes (tomatoes, salt, naturally derived citric acid), Beef Stock, Carrots, Onions, Tomato Paste (tomatoes, naturally derived citric acid), Olive Oil, Sherry Wine, Basil, Parsley, Thyme, Garlic, Sea Salt, Spices.*

**SPAGHETTI CARBONARA with Bacon**

*Kosher Salt, Bacon, Olive Oil, Garlic, rosemary, Jalapeno Peppers, Spaghetti, Eggs, Grated Parmesan Cheese, Grated Pecorino Romano Cheese, Parsley, Ground Pepper **Contains Dairy, Wheat, Egg***

**SPAGHETTI CARBONARA VEGETARIAN**

*Kosher Salt, Olive Oil, Garlic, rosemary, Jalapeno Peppers, Spaghetti, Eggs, Grated Parmesan Cheese, Grated Pecorino Romano Cheese, Parsley, Ground Pepper, **Contains Dairy, Wheat, Egg***

**GREEN BEANS (GF)**

*Green Beans, Olive Oil, Salt & Pepper*

MARCH 27

**BEAN AND CHEESE BURRITO**

*INGREDIENTS: FILLING: Cooked Pinto Beans (Water, Pinto Beans), Pasteurized Processed American Cheese [American Cheese (Cultured Milk, Salt, Enzymes, Artificial Color), Water, Cream, Sodium Phosphates, Salt, Artificial Color], Green Chile Peppers (Green Chiles, Citric Acid, Water, Salt). Contains Less Than 2 % of: Onions, Crushed Red Pepper, Paprika, Flavorings, Salt, Soybean Oil. TORTILLA: Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid) Water, Partially Hydrogenated Soybean Oil, Corn Flour, Salt, Dough Conditioner (Whey, L-Cysteine Hydrochloride), Guar Gum, Sodium Stearoyl Lactylate, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Calcium Sulfate, Monocalcium Phosphate), **CONTAINS; MILK, WHEAT, SOYBEAN OIL***

**SPANISH RICE (GF)**

*Rice, Vegetable Stock, Salt, Pepper, Onion, Tomato, Paprika, Garlic, Olive Oil, Green Onion, Peas*

**FRESH MIXED VEGETABLES (GF)**

*Carrot, Corn, Peas, Green Beans, Lima Beans, Kosher Salt, Pepper, Olive Oil*

**NAPOLEON**

*Puff Dough, Heavy Cream, Fondant Icing, Semi Sweet Chocolate, Custard **Contains Dairy, Egg, Wheat***

MARCH 30

**CHICKEN TENDERS**

*Battered And Breaded With: Wheat Flour, \*Water, Modified Corn Starch, Yellow Corn Flour, Salt, Contains 2% Or Less Of The Following: Dehydrated Green Bell Pepper, Dextrose, Extractives Of Paprika, Garlic Powder, Hydrolyzed Wheat And Corn Gluten, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate, Sodium Acid Pyrophosphate), Maltodextrin, Natural Flavor, Onion Powder, Soybean Oil (As A Processing Aid), Spices, Wheat Gluten, Yeast Extract. **Contains Wheat, Soy***

**MACARONI & CHEESE (V)**

*Macaroni, Milk, Cheddar Cheese, Parmesan Cheese, Flour, Butter, Paprika, Salt, Pepper. **Contains Wheat, Milk***

**KALE, BRAISED**

*Kale, Olive Oil, Onions, Salt, Pepper, Red Pepper Flakes, Minced Garlic, Chicken Stock, Vinegar*

**SUGAR COOKIES**

*Butter, Flour, Sugar, Eggs, Baking Powder, Salt **Contains Eggs, Dairy, Wheat***

MARCH 31

**TURKEY GUMBO SOUP**

*Chicken Stock, Tomato Strips (tomatoes, salt, naturally derived citric acid), Turkey Meat, Okra, Carrots, Celery, White Rice, Green Peppers, Chicken Fat, Sherry Wine, Wheat Flour, Sea Salt, Garlic, Spices, Parsley, Paprika, Pepper Sauce (distilled vinegar, red pepper, salt). **contains wheat***

**PIZZA** Freshly Made Ridgewells Focaccia topped with Tomato Sauce, Mozzarella Cheese & Pepperoni (optional) Dough (Flour, Sugar, Salt, Yeast, Pesto without nuts, Olive Oil, Water) Tomato Sauce (Tomato, Onion, Garlic, Bay Leaf, Oregano, Basil, Marjoram, Salt, Pepper, Mozzarella Cheese, Pepperoni **Contains Wheat, Eggs and Milk.**

**BROCCOLI & CARROTS**

**BREADS & ROLLS MAY CONTAIN SESAME SEEDS AND SHOULD BE EXAMINED BEFORE EATING**

**RIDGEWELLS TAKES A PROACTIVE APPROACH TO A NO NUT POLICY, HOWEVER PRODUCTS SECURED FROM OUTSIDE VENDORS MAY BE PRODUCED IN FACILITIES WHERE NUTS ARE USED.**