

## WRAAA Menu Descriptions/Allergies Cycle 4, 2024

<b>Entrees</b>	<b>Ingredients</b>	<b>Allergens</b>
Roasted Turkey Breast/Gravy	Turkey Breast, Poultry Sauce Concentrate	Milk
Beef Stew	Beef, Tomatoes, Worcestershire, Beef Soup Base, Onions, Celery, Garlic Powder, Basil, Thyme, Green Peas, Carrots, Potatoes, Cornstarch	Soy, Fish
Chicken Alfredo	Chicken Breast, Alfredo Sauce	Milk
Breaded Chicken Breast	Chicken Breast with Rib Meat, Soy and Vegetable Protein, Whole Wheat Flour, Enriched Wheat Flour	Soy, Wheat
Chicken Breast Stuffed w/Broccoli	Chicken Breast, Broccoli, Swiss Cheese, American Cheese, Cream, Bleached Wheat Flour	Milk, Wheat
Sweet and Sour Pork	Pork Loin, Sweet and Sour Sauce (Pineapple, Sugar, Ketchup, Cornstarch)	None
Hawaiian Chicken	Chicken Breast, Worcestershire, Soy Sauce, Soybean Oil, Pineapple, Red Peppers, Garlic Powder	Soy, Fish
Baked Chicken/ Gravy	Chicken, Poultry Sauce Concentrate	Milk
BBQ Chicken Breast	Chicken Breast, BBQ Sauce	Soy
Chicken Marsala	Chicken Breast, Margarine, Onions, Mushrooms, Chicken Soup Base, Water, Pepper, Tomatoes, Cornstarch, Tomato Sauce, Garlic Powder, Oregano	Soy, Milk
Chicken Patty	Breaded Chicken Patty	Soy, Wheat
Chicken Stew	Chicken, Beef Soup Base, Water, Tomatoes, Tomato Paste, Soy Sauce, Celery, Onions, Garlic Powder, Mixed Vegetables, Cornstarch	None
Chicken Cacciatore	Chicken Breast, Poultry Sauce Concentrate, Onions, Green Peppers, Tomatoes, Mushrooms, Flour, Thyme, Oregano	Milk
Lemon Herb Chicken	Chicken Breast, Cream of Chicken Soup, Milk, Water, Apple Juice, Basil, Thyme, Flour	Wheat, Milk, Soy
Chicken Marinara	Breaded Chicken Patty, Tomato Puree, Tomatoes, Onions, Brown Sugar, Olive Oil, Salt, Basil, Garlic Powder, Oregano, Onion Powder, Pepper, Parsley, Thyme, Savory, Fennel	Soy, Wheat
Stuffed Cabbage/Marinara Sauce	Tomato Puree, Cabbage, Rice, Beef, Diced Tomatoes, Carrots, Onions, Celery, Bread Crumbs, Eggs, Green Peppers	Eggs, Milk, Soy, Wheat

Beef Meatloaf/Brown Gravy	Meatloaf Patty, Brown Sauce Concentrate	Eggs, Milk, Soy, Wheat
Glazed Ham	Ham, Pineapple Juice, Cornstarch	None
Breaded Fish	Breaded Pollock Fish Patty	Fish, Wheat
Chicken Cordon Bleu	Chicken Breast, Cooked Ham, Cream, Buttermilk, Parmesan Cheese, Vegetable Oil, Flour, Corn Flour, Romano Cheese Chicken, Swiss Cheese, American Cheese	Milk, Wheat
Turkey Tetrazzini	Spaghetti, Green Peppers, Onions, Margarine, Mushrooms, Pimento, Flour, Chicken Base, Parsley, Cheddar Cheese, Turkey	Eggs, Milk, Soy, Wheat
Beef Sloppy Joe	Ground Beef, Diced Tomatoes, Tomato Paste, Onions, Green Peppers, Worcestershire Sauce, Taco Seasoning, Garlic Powder, Chili Powder, Basil	Soy, Fish
Swedish Meatballs	Meatballs, Brown Sauce Concentrate, Sour Cream	Milk, Soy, Wheat
Stuffed Green Pepper/Tomato Sauce	Green Peppers, Tomato Puree, Rice, Beef, Diced Tomatoes, Onions, Carrots, Celery, Bread Crumbs, Eggs, Milk	Eggs, Milk, Soy, Wheat
Hamburger Patty	Beef, Water, Textured Vegetable Protein	Soy
Beef Stroganoff	Beef Cubes, Flour, Onions, Garlic Powder, Parsley, Mushrooms, Worcestershire Sauce, Water, Beef Soup Base, Sour Cream	Fish, Milk, Wheat
Salisbury Steak/Gravy	Salisbury Beef Patty, Brown Sauce Concentrate	Milk, Soy, Wheat
Beef Stir Fry	Beef, Beef Soup Base, Soybean Oil, Soy Sauce, Japanese Vegetables, Cornstarch	Soy
Tomato Basil Chicken	Chicken, Tomato Soup, Milk, Parmesan Cheese, Garlic Powder, Basil	Wheat, Milk
Meatballs Marinara	Meatballs, Tomato Puree, Tomatoes, Onions, Brown Sugar, Olive Oil, Salt, Basil, Garlic Powder, Oregano, Onion Powder, Pepper, Parsley, Thyme, Savory, Fennel	Soy, Wheat
Beef Ravioli	Ground Beef, Tomato Sauce, Italian Seasoning, Garlic Powder, Onion Powder, Beef Ravioli, Cheddar Cheese, Flour,	Soy, Milk, Wheat
Stuffed Shells	Pasta Shell, Ricotta, Romano, Mozzarella Cheese	Eggs, Milk, Soy, Wheat
Vegetarian Lasagna	Water, Enriched Noodles, Carrots, Ricotta Cheese, Canola Oil, Breadcrumbs, Broccoli, Spinach, Mozzarella Cheese, Cheddar Cheese, Salt, Sugar, Spices	Milk, Soy, Wheat

Side Items	Ingredients	Allergens
Sweet Potatoes	Sweet Potatoes, Oil	Soy
Sauteed Mushrooms	Mushrooms	None
Green Peas	Green Peas, Margarine, Water	Milk, Soy

Green Beans	Green Beans, Water, Margarine, Ham Soup Base	Milk, Soy
Peas and Carrots	Green Peas, Carrots, Margarine, Water	Milk, Soy
Mashed Potatoes	Nonfat dry milk, Instant potatoes, White pepper	Milk
Cheesy Potatoes	Nonfat Dry Milk, Instant Potatoes, Margarine, White Pepper, Shredded Cheese	Milk, Soy
Mixed Vegetables	Corn, Lima Beans, Green Beans, Green Peas, Carrots, Water, Margarine	Milk, Soy
Brussels Sprouts	Brussel Sprouts, Water, Margarine	Milk, Soy
Pasta	Penne Pasta, Soybean Oil	Eggs, Milk, Soy, Wheat
Rice Pilaf	Rice, Margarine, Onions, Chicken Soup Base, Bay Leaf, White Pepper	Milk, Soy
Brown Rice Pilaf	Brown Rice, Margarine, Onions, Chicken Soup Base, Bay Leaf, White Pepper	Milk, Soy
Brown Rice	Brown Rice, Water, Salt, Margarine	Milk, Soy
Macaroni and Cheese	Soybean Oil, Macaroni, Cheese Sauce, Margarine, Cheddar Cheese	Eggs, Milk, Soy, Wheat
Japanese Vegetables	Broccoli, Green Beans, Mushrooms, Onions, Red Bell Peppers, Soy Sauce, Margarine	Milk, Soy
Harvard Beets	Beets, Margarine, Cornstarch, Sugar, Vinegar	Milk, Soy
Spinach	Spinach, Water, Margarine, Sugar, Ham Soup Base, Onions	Milk, Soy
Seasoned Potato Wedges	Potatoes, Vegetable Oil	None
Oven Roasted Potatoes	Red Potatoes, Soybean Oil, Italian Seasoning, Garlic Powder, Pepper	Soy
Spaghetti	Spaghetti, Soybean Oil	Eggs, Milk, Soy, Wheat
Broccoli	Broccoli, Water, Margarine	Milk, Soy
Antigua Blend	Carrots, Green Beans, Red Peppers, Broccoli, Cauliflower, Water	None
Baked Beans	Canned Baked Beans w/Pork, Brown Sugar, Tomato Paste, Onions, Green Peppers	None
Buttered Egg Noodles	Egg Noodles, Soybean Oil, Margarine, Water	Eggs, Milk, Soy, Wheat
Scalloped Potatoes	Scalloped Potatoes, Margarine, Water, Pepper, Garlic Powder	Milk, Soy
Whole Kernel Corn	Corn, Water, Margarine	Milk, Soy
Whole Kernel Corn w/Red Peppers	Corn, Red Peppers, Water	None
Stuffing	Flour, Cornmeal, Sugar, Baking Powder, Eggs, Buttermilk, Soybean Oil, White Bread, Margarine, Celery, Onions, Chicken Soup Base, Black Pepper, Poultry Seasoning	Eggs, Milk, Soy, Wheat
Red Cabbage	Cabbage, Water, Margarine, Ham Soup Base	Milk, Soy

Cabbage	Cabbage, Margarine, Ham Soup Base	Milk, Soy
Zucchini	Zucchini, Water, Margarine	Milk, Soy
Cauliflower	Cauliflower, Water	None
California Vegetables	Carrots, Cauliflower, Broccoli	None
Cape Cod Vegetable Blend	Green Beans, Wax Beans, Carrots, Edamame, Water, Cranberry, Broccoli	Soy
Capri Blend	Carrots, Green Beans, Squash, Zucchini	None
Sliced Carrots	Carrots, Water, Margarine	Milk, Soy
Glazed Carrots	Carrots, Water, Sugar, Cornstarch	None
Lima Beans	Lima Beans, Water	None
Kyoto Vegetable Blend	Carrots, Edamame, Corn, Red Peppers, Broccoli, Water	None

<b>Breads</b>	<b>Ingredients</b>	<b>Allergens</b>
Vanilla Wafers	Enriched Flour, Sugar, Vegetable Oil, Salt, High Fructose Corn Syrup, Leavening, Soy Lecithin, Natural and Artificial Flavors	Milk, Soy, Wheat
Whole Grain Cereal Bar	Whole Grain Oats, Enriched Flour, Soybean Oil, Whole Wheat Flour, Sugar	Milk, Soy, Wheat
Whole Grain Corn Muffin	Enriched Bleached Flour, Sugar, Water, Vegetable Oil, Eggs, Yellow Corn Meal, High Fructose Corn Syrup, Leavening, Modified Corn Starch, Salt, Cornstarch	Eggs, Wheat
Whole Grain Dinner Roll	White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil	Wheat, Soy
Whole Grain Wheat Bread	Whole Wheat Flour, Enriched Wheat Flour, Sugar, Yeast, Salt, Soybean Oil	Wheat, Soy
Whole Grain White Bread	Whole Wheat Flour, Water, Enriched Wheat Flour, Sugar, Wheat Gluten, Yeast, Salt, Soybean Oil	Soy, Wheat
Whole Grain Hot Dog Bun	White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil	Wheat, Soy
Whole Grain Breadstick	Enriched Flour, Palm oil, Salt, Sugar, Yeast, Soy Flour, Wheat Gluten	Milk, Soy, Wheat
Whole Grain Hamburger Bun	White Whole Wheat Flour, Enriched Flour, Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil	Wheat, Soy
WG Biscuit	Enriched Flour, Water, Buttermilk, Sugar, Nonfat Milk, Salt, Baking Soda	Milk, Wheat

Fruits	Ingredients	Allergens
Tropical Fruit	Pineapple, Red Papaya, Guava, Yellow Papaya	None
Mixed Fruit	Peaches, Pears, Pineapples	None
Scalloped Apples	Apples, Brown Sugar, Lemon Juice, Cornstarch, Cinnamon, Nutmeg, Apple Juice, Margarine	Milk, Soy

Allergen Disclaimer: This kitchen uses the following products in meal preparation: tree nuts, sesame, peanuts, soy, eggs, milk, fish, shellfish, wheat, and other products containing gluten. We cannot guarantee that menu items are free of allergens because we use shared equipment and handle common allergens throughout the supply chain