



ALLERGENS & INGREDIENTS INFORMATION

2018/2019

Last updated - 7 SEP 2018

LEGEND:
 X - allergen is in the product
 *IB - allergen is in the building

NOTE:
 not warrant that the information present here is 100% accurate even though we update it regularly to the best of our knowledge. Please note the date of this information, and be sure to update your files periodically.

*The Lunch Lady Group does

*Except for peanut and tree nuts, all other food allergens may be present in our kitchen during food preparation and delivery. Food may vary due to regional availability and substitution.

*PLEASE SCROLL DOWN TO CHECK FOR ALLERGENS RE ALL SAUCES, FIXINGS, SIDE ITEMS that may be connected to these meals on your own menus. we list SOY both as "soy" and as a "legume".

*For faster search, press CTRL+E for a search bar, then type in the key word for the menu item you are looking for.

*Always consult Allergy Management Staff if in doubt.



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MAIN MENU ITEMS

BEEF

B	Beef Burrito Rice Bowl and Orange Slices	Ingredients															
			PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	SHELL FISH	SULPHITE	LEGUME	MUSTARD			
	Beef, ground, lean	Ground Beef, Soy, Water							X								X
	Beef, ground, 85% lean	Ground Beef															
	Onion Powder Granulated	Dehydrated Onion															
	Chili powder	Chili Pepper, Cumin, Coriander, Salt, Oregano, Garlic Powder, Cloves and Silicon Dioxide.															
	Paprika	Paprika, Silicon Dioxide, Ethoxyquin															
	Cumin, ground	Cumin															
	Garlic powder	Dehydrated Garlic, High Oleic Sunflower Oil															
	Salt	Salt															
	Spaghetti Sauce	Garlic, Water, Canola Oil, Canned Tomatoes (Vine Ripened Tomatoes, Tomato Juice, Salt, Calcium Chloride. May Contain Citric Acid.), Salt, Sugar, Basil, Tomato Paste (Tomatoes), Onion.															
	Rice, Brown, Whole Grain	Whole Grain Brown Rice Parboiled															
	Mozzarella, 17%, Shredded	Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Microbial Enzyme, Calcium Chloride, Cellulose (To Prevent Caking), Natamycin, Contains: Milk				X											
	Sour Cream, Fat-free 1% (ON)	Partly Skimmed Milk, Modified Milk Ingredients, Modified Corn Starch, Propylene Glycol Mono Fatty Acid Esters, Pectin, Sodium Phosphate, Microcrystalline Cellulose, Cellulose Gum, Sodium Citrate, Citric Acid, Bacterial Culture.				X											
	Sour Cream (AB, BC, MB)	Milk Ingredients, Modified Corn Starch, Guar Gum, Sodium Citrate, Carrageenan, Disodium Phosphate, Bacterial Culture.				X											
	Orange Slices	Orange															
B	Beef Burrito Wrap	Ingredients															
	Beef, ground, lean	Ground Beef, Soy, Water							X								X
	Beef, ground, 85% lean	Ground Beef															
	Onion Powder Granulated	Dehydrated Onion															
	Chili powder	Chili Pepper, Cumin, Coriander, Salt, Oregano, Garlic Powder, Cloves and Silicon Dioxide.															
	Paprika	Paprika, Silicon Dioxide, Ethoxyquin															
	Cumin, ground	Cumin															
	Garlic powder	Dehydrated Garlic, High Oleic Sunflower Oil															
	Salt	Salt															
	Spaghetti Sauce	Garlic, Water, Canola Oil, Canned Tomatoes (Vine Ripened Tomatoes, Tomato Juice, Salt, Calcium Chloride. May Contain Citric Acid.), Salt, Sugar, Basil, Tomato Paste (Tomatoes), Onion.															
	Rice, Brown, Whole Grain	Whole Grain Brown Rice Parboiled															
	Tortilla, 10", Whole Wheat (MB, NS, ON)	Water, Whole Wheat Flour, Enriched Bleached Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Shortening (Interesterified and Hydrogenated Soybean Oils), Sugar, contains 2% or less of: Vital Wheat Gluten, Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Guar Gum, Fumaric Acid, and Calcium Propionate and Sorbic Acid (to maintain freshness).					X	X	X								X
	Tortilla, 10", Whole Wheat (NS)	Whole Grain Whole Wheat Flour, Water, Canola Oil and/or Soybean Oil, Baking Powder, Potassium Sorbate, Vegetable Monoglycerides, Salt, Sodium Stearoyl-2-Lactylate, Sodium Propionate, Fumaric Acid, Cellulose Gum, Maltodextrin, Carrageenan, Calcium Sulfate.					X	X	X								X
	Tortilla, 10", Whole Wheat (AB, BC)	Whole Wheat Flour, Water, Canola Oil, Modified Palm and Palm Kernel Oils, Salt, Baking Powder, Mono and Diglycerides, Calcium Propionate, Baking Soda, Fumaric Acid, Sugar, Guar Gum, Potassium Sorbate, Colour (Contains Sulphites), Propylene Glycol. May Contain: Milk, Soy.			*IB	X	X	*IB						X		*IB	

Chicken Noodle Soup (ON)		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD	
Chicken Breast (AB-EDM, MB)	Boneless Skinless Chicken Breast, Water, Salt, Sodium Phosphate. CIA indicates EGG always a Level 3 allergen risk in all poultry					*IB	*IB	*IB								*IB
Chicken Breast (ON, NS)	Chicken, Water, Salt, Sodium Phosphate CIA indicates EGG always a Level 3 allergen risk in all poultry					*IB	*IB	*IB	*IB							
Chicken Breast Slices (ON)	Chicken Breast, Water, Poultry Flavouring, Salt, Potato Starch CIA indicates EGG always a Level 3 allergen risk in all poultry					*IB	*IB	*IB	*IB							
Onion	Onion															
Carrot	Carrots															
Celery	Celery															
Macaroni Pasta	Durum Wheat Semolina, Niacin, Folic Acid, Ferrous Sulphate, Riboflavin (B2), Thiamine Mononitrate (B1)						X	X								
Chicken Broth (ON)	Glucose Solids, Corn Starch, Salt, Chicken Fat, Dehydrated Chicken, Yeast Extract, Flavour, Onion Powder, Hydrolyzed Plant Protein (Corn), Ground Tumeric, Citric Acid, Spice Extractives.															

Side Orders		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
Chicken Fingers (NS)	Chicken White Meat, Water, Chicken Skins, Soya Protein, Toasted Wheat Crumbs, Salt, Glucose, Dextrose, Spices, Sodium Phosphate. in A Coating Of: Toasted Wheat Crumbs With Spices, Wheat Flour, Vegetable Oil Shortening (Soybean), Salt, Vinegar, Baking Powder, Yeast, Wheat Gluten, Yellow Corn Flour, Corn Starch, Wheat Flour, Dried Egg White, Spices, Modified Milk Ingredients, Dextrose, Sunflower Oil, Guar Gum and Dough Conditioners. <u>Browned in Canola and/or Soy Oil</u>				X	X	X	X	X	X					X
Chicken Fingers (BC, ON)	Chicken Breast Meat, Water, Toasted Wheat Crumbs With Spices (Wheat Flour, Baking Powder, Vegetable Oil Shortening (Soybean), Sugar, Salt, Vinegar, Yeast, Caramel Spices) Soy Protein Concentrate, Wheat Gluten, Yellow Corn Flour, Salt, Wheat Flour, Potassium Chloride, Baking Powder, Guar Gum, Dextrose Spices. <u>Browned in Soybean Oil. May Contain Milk and Egg.</u>				*IB	X	X	X	*IB						X
Chicken Fingers (AB)	Chicken Breasts, water, salt, in a breading of toasted wheat crumbs, water, wheat flour, corn starch, spices, salt, modified milk ingredients, guar gum. <u>Browned in canola oil. May Contain: soy and egg.</u>				X	X	X		*IB	*IB					*IB
Chicken Finger, Whole Muscle	Chicken Breast Fillets, Water, Toasted Wheat Crumbs, Wheat Flour, Yellow Corn Flour, Corn Starch, Isolated Soy Protein, Salt, Modified Milk Ingredients, Spices, Dextrose, Garlic Powder, Flavour, Guar Gum. <u>Browned in Canola Oil. May Contain Eggs.</u>				*IB	X	X	X							
Chicken Fingers, Gluten-free (ON)	Chicken, Rice Starch, Water, Salt, Spices, Flavour in A Coating Of: Water, Rice Flour, Yellow Corn Flour, Modified Corn Starch, Salt, Cornstarch, Sugar, Tapiocadextrin, Garlic Powder, Granulated Roasted Garlic, Onion Powder, Pea Protein Isolate, Spices, Dextrose, Baking Powder, Flavour, Blackstrap Molasses, Guar Gum, Modified Cellulose Partially Fried in Vegetable Oil. (Canola and/or Soya Bean)							X							X
Halal Chicken Strips	Ingredients: Halal Chicken Breast Meat, Water, Textured Soy Protein, Potato Starch, Soy Protein Isolate, Salt, Onion Powder, Dextrose, Garlic Powder, Spices. in A Coating Of: Toasted Wheat Crumbs, Water, Wheat Flour, Wheat Starch, Modified Corn Starch, Salt, Soy Protein Isolate, Modified Palm Oil, Potato Maltodextrin, Corn Dextrin, Baking Powder, Modified Cellulose, Colour, Spices. <u>Browned in Canola Oil. Contains: Soy, Wheat, Eggs, Milk.</u>				X	X	X	X	X						X
Dinner Roll, Whole Wheat	Whole Wheat Flour, Water, Sugar, Yeast, Wheat Gluten, Salt, Soybean and/or Canola Oil, Fancy Molasses, Vegetable Monoglycerides, Calcium Propionate, Sodium Stearoyl-2-Lactylate, Diacetyl Tartaric Acid Esters Of Mono and Diglycerides, Sorbic Acid.					X	X	X		*IB					X
Potato Wedges, Country Style	Potatoes, Canola Oil, Dextrose, Sodium Phosphate														
Rice, whole Grain	Whole Grain Brown Rice Parboiled														
Turkey Sausage	Turkey, Water, Cultured Corn Sugar, Dextrose, Salt, Sodium Citrate, Vinegar, Spices, Sodium Erythorbate, Natural Flavour, Citric Acid. in a Collagen Casing. May Contain Egg.								*IB						

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COLD-SIDES

Baked Goods		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
Bakery Treat - Apple Cinnamon Muffin	Whole Wheat Flour, Apples, Evaporated Cane Juice, Unbleached Wheat Flour, Canola Oil, Organic Flaxseeds, Baking Powder, Cinnamon, Inulin, Baking Soda, Sea Salt. Contains: <u>Wheat</u>					X	X								
Bakery Treat - Banana Chocolate Chip Muffin	Whole Wheat Flour, Bananas, Unbleached Wheat Flour, Evaporated Cane Juice, Canola Oil, Applesauce, Dairy-Free Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla), Baking Powder, Vinegar, Baking Soda, Sea Salt. Contains: <u>Wheat, Soy</u>					X	X	X							X
Bakery Treat - Carrot Muffin	Whole Wheat Flour, Carrots, Evaporated Cane Juice, Unbleached Wheat Flour, Canola Oil, Applesauce, Organic Flax Seeds, Baking Powder, Cinnamon, Inulin, Baking Soda, Sea Salt. Contains: <u>Wheat</u>					X	X								
Bakery Treat - Double Chocolate Chip Cookie	Whole Wheat Flour, Evaporated Cane Juice, Unbleached Wheat Flour, Dairy-Free Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla), Canola Oil, Cocoa, Organic Flaxseeds, Applesauce, Blackstrap Molasses, Inulin, Baking Soda, Sea Salt. Contains: <u>Wheat, Soy</u>					X	X	X							X
Bakery Treat - Oatmeal Cookie	Whole Grain Rolled Oats, Evaporated Cane Juice, Whole Wheat Flour, Canola Oil, Applesauce, Blackstrap Molasses, Flax Seeds, Baking Soda, Inulin, Cinnamon, Sea Salt. Contains: <u>Wheat</u>					X	X								
Bakery Treat - Holiday Cookie	Chocolate Candy Cane: Evaporated Cane Juice, Whole Grain Wheat Flour, Unsweetened Chocolate, Canola Oil, Flax Seeds, Chicory Root inulin, Dairy Free Chocolate Chips (Organic Evaporated Cane Juice, Cocoa Mass, Cocoa Butter, Soy Lecithin, Ground Vanilla Beans), Candy Cane Pieces (Organic Evaporated Cane Juice, Organic Brown Rice Syrup, Natural Peppermint Flavor, Organic Fruit Juice (Organic Apple, Organic Black Currant, Organic Black Carrot) Fruit Juice), Tapioca Starch, Non-Alum Baking Powder, Sea Salt.					X	X	X							X
Bakery Treat - Homemade Oatmeal	Chocolate Chips: Sugar, Chocolate Liqueur, Cocoa Butter, Soya Lecithin, Artificial Flavour Cookie Mix: Rolled Oats, Cane Sugar, Wheat Flour, Shortening (Canola Oil, Modified Palm and Palm Kernel Oils), Dextrose, Mono and Diglycerides (For Uniform Dispersion Of Oil), Salt, Sodium Bicarbonate, Fructose, Monocalcium Phosphate, Artificial Flavour. Contains Oat and Wheat Ingredients. May Contain Egg and Milk. Other: Bran Flakes				X	X	X	X	X						X
Crackers, Saltine, Unsalted	Enriched Wheat Flour, Soybean Oil, Baking Soda, Salt, Malted Barley Flour, Yeast, Amylase, Protease, Sourdough Culture.					X	X	X							X
Dinner Roll, Whole Wheat	Whole Wheat Flour, Water, Sugar, Yeast, Wheat Gluten, Salt, Soybean and/or Canola Oil, Fancy Molasses, Vegetable Monoglycerides, Calcium Propionate, Sodium Stearoyl-2-Lactylate, Diacetyl Tartaric Acid Esters Of Mono and Diglycerides, Sorbic Acid.					X	X	X		*IB					X

Side Garden Salad		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
	Romaine lettuce	Romaine Lettuce													
	Cucumber English	Cucumber													
	Cherry/ Grape Tomatoe	Cherry/Grape Tomatoes													
	Carrot	Carrots													
	Homemade Ranch Dressing	Greek Yogurt: Skim Milk, Active Bacterial Cultures, Mayonnaise: (Water, Canola Oil, Modified Corn Potato Starch, Liquid Whole Egg, Sugar, Salt, Vinegar, Concentrated Lemon Juice, Sorbic Acid (Maintains Quality), Spices, Natural Colour, Natural Flavour, Calcium Disodium EDTA (Maintains Flavour), Contains: Egg, Milk: (Partly Skimmed Milk, Vitamin A Palmitate, Vitamin D3) Onion Flakes, Parsley Flakes, Garlic Powder, Salt, Oregano, Pepper, Sugar			X					X					
Snacks		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
	Popcorn - Kettle	Whole Grain Corn, Canola Oil, Salt, Natural and Artificial Flavours, Colour (Contain Tartrazine)						X							X
	Snack Mix, Lunchie	Goldfish: Enriched Wheat Flour, Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes, Water, Salt) Vegetable Oil (Canola, Soybean and/or Sunflower Oils) Salt, Yeast, Sugar, Spices (Onion Powder) Sodium Bicarbonate, Yeast Extract, Annatto, Monocalcium Phosphate and Ammonium Bicarbonate. Cheerios: Whole Grain Oat, Corn Starch, Sugar and/or Golden Sugar, Salt, Trisodium Phosphate, Calcium Carbonate, Monoglycerides, Tocopherols, Wheat Starch, Annatto, Vitamins and Minerals: NiCinamide, Calcium Pantothenate, Pyridoxine, Hydrochloride (Vitamin B6) Folate, Iron. Craisins: Cranberries, Sugar, Sunflower Oil.			X	X	X	X							X

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FIXINGS

Condiments & Dips		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
	Cranberry Sauce	Cranberries, Glucose-Fructose, Glucose, Water													
	Cranberry Sauce, Homemade (AB-EDM)	Cranberries, Water, Sugar													
	Hot Sauce	Water, Sugar, and/or Glucose Fructose, Vinegar, Spices, Salt, Modified Corn Starch, Chilies, Sodium Benzoate, Natural Flavour.													
	Ketchup Pack	Tomato Paste, Sugar and/or Glucose Fructose, Water, Vinegar, Salt, Natural Flavours													
	Maple Yogurt Dip	Yogurt: Skim Milk, Active Bacterial Culture, Vitamin A Palmitate, Vitamin D3, Vanilla Preparation: Cane, Sugar, Water, Natural Flavours, Honey, Pectin, Lemon Juice, Concentrate. Syrup: 100% Maple Syrup			X										
	Maple Yogurt Dip (AB-EDM)	Yogurt: Skim Milk, Sugar, Cream, Corn Starch, Lemon Juice Concentrate, Active Bacterial Cultures, Locust Bean Gum, Natural Flavors. Syrup: 100% Maple Syrup			X										
	Margarine	Canola and Sunflower Oils 74%, Water, Modified Palm and Palm Kernel Oils 6%, Salt 1.8%, Whey Powder 1.4% Soy Lecithin 0.2%, Vegetable Monoglycerides, Potassium Sorbate, Vegetable Colour, Artificial Flavour, Citric Acid, Vitamin A Palmitate, Vitamin D#, Alpha-Tocopherol Acetate.			X			X							X
	Margarine, Vegan	Canola & Sunflower Oils 74%, Water 19%, Modified Palm & Palm Kernel Oils 6%, Salt 0.4%, Soy Lecithin 0.2%, Vegetables Monoglycerides 0.2%, Potassium Sorbate 0.1%, Citric Acid, Alpha-Tocopherol Acetate (Vitamin E), Natural & Artificial Flavours, Vitamin A Palmitate (Vitamin A), Vitamin D2, Beta Carotene.						X							X
	Mayonnaise Packet	Soybean Oil, Water, Whole Egg, Vinegar, Egg Yolk, Salt, Sugar, Concentrated Lemon Juice, Calcium Disodium Edta, Dehydrated Garlic, Dehydrated Onion, Spices and Seasonings						X	X						X
	Mustard Packet	Water, Vinegar, Mustard Seed, Salt, Mustard Bran, Turmeric, Spices and Spice Extracts													X
	Plum Sauce Packet	Sugar and/or Glucose-Fructose, Water, Pumpkin, Vinegar, Salt, Modified Corn Starch, Apricot Puree and/or Plum Puree, Guar Gum, Molasses, Garlic Powder, Sodium Benzoate, Spices, Caramel Colour													X
	Relish	Relish Stock (Cucumber, Cabbage, Water, Salt, Calcium Chloride), Glucose-Fructose, White Vinegar, Guar Gum, Alum, Xanthan Gum, Sodium Benzoate, Potassium Sorbate, Dehydrated Red Peppers, Extractives Of Turmeric, Colour (Yellow 5, Blue 1), Natural Flavour, Polysorbate 80.													
	Soy Sauce Packet	Water, Salt, Hydrolyzed Soya Protein, Glucose Solids, Molasses, Caramel Colour, Sodium Benzoate, Potassium Sorbate.						X							X
	Syrup (BC)	Glucose-Fructose, Water, Colour, Natural Flavour.													
	Syrup (AB-EDM)	Corn Syrup, Sugar/Glucose-Fructose, Water, Natural & Artificial Flavour, Potassium Sorbate													
	Syrup (AB-CGY, NS, ON)	Corn Syrup, Glucose-Fructose, Water, Brown Sugar, Artificial and Natural Flavour, Caramel, Potassium Sorbate, Sodium Benzoate													
Dressings		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
	Dressing, Caesar	Water, Soybean Oil, Parmesan and Romano Cheese, Sugar, Salt, Vinegar, Garlic, Egg Yolk, Modified Cornstarch, Anchovy Paste, Spices and Seasonings (Contains Wheat and Soybean), Lactic Acid, Lemon Juice Concentrate, Xanthan Gum, Hydrolyzed Soy Protein, Polysorbate 60, Sorbic Acid, Dried Garlic, Calcium Disodium Edta.			X	X	X	X	X		X				X
	Dressing, Italian	Water, Soybean Oil, Vinegar, Glucose-Fructose, Salt, Garlic, Xanthan Gum, Onions, Lemon Juice Concentrate, Sorbic Acid, Spices, Red Bell Peppers, Parsley, Calcium Disodium EDTA, Colour (Contains Tartrazine)						X							X
	Dressing, Ranch Dressing, Homemade	Greek Yogurt: Skim Milk, Active Bacterial Cultures, Mayonnaise: (Water, Canola Oil, Modified Corn Potato Starch, Liquid Whole Egg, Sugar, Salt, Vinegar, Concentrated Lemon Juice, Sorbic Acid (Maintains Quality), Spices, Natural Colour, Natural Flavour, Calcium Disodium EDTA (Maintains Flavour), Contains: Egg, Milk: (Partly Skimmed Milk, Vitamin A Palmitate, Vitamin D3) Onion Flakes, Parsley Flakes, Garlic Powder, Salt, Oregano, Pepper, Sugar.			X					X					
	Dressing, Ranch (16 ml)	Water, Corn Syrup, Soybean Oil, Vinegar, Egg Yolks, Modified Corn Starch, Salt, Sugar, Garlic Juice, Phosphoric Acid (Enhances Tartness), Xanthan Gum (Thickener), Natural Flavours (Contains Milk), Yeast Extract (Natural Flavour Enhancer), Colour, Potassium Sorbate (Maintains Quality), Polysorbate 60 (Prevents Oil Separation), Dried Garlic, Spices, Lemon Juice Concentrate, Dried Parsley, Lactic Acid (Enhances Tartness), Calcium Disodium EDTA (Maintains Flavour), Silicon Dioxide.			X					X					
Veggies		Ingredients	PEANUTS	TREE NUTS	MILK	WHEAT	GLUTEN	SOY	EGG	SESAME	FISH	SHELL FISH	SULPHITE	LEGUME	MUSTARD
	Lettuce and Sliced Tomato	Iceberg Lettuce or Romaine Lettuce and Sliced Tomato													
	Pickle Slices	Cucumbers, Water, White Vinegar, Salt, Calcium Chloride, Flavours, Sodium, Benzoate (Preservatif), Curcuma.												*IB	*IB

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