

COMMON ALLERGEN AND SENSITIVITY CHART

✘ Contains

**All meals are prepared in a facility that also processes milk, egg, wheat, soy, sesame, fish, shellfish and tree nuts.*

	<i>Crustaceans & Molluscs</i>	<i>Egg</i>	<i>Gluten</i>	<i>Milk</i>	<i>Fish</i>	<i>Mustard</i>	<i>Peanuts</i>	<i>Sesame</i>	<i>Soy</i>	<i>Sulfites</i>	<i>Tree nuts</i>	<i>Wheat & Triticale</i>
Spaghetti Sauce						✘			✘			
Honey Cashew Chicken								✘	✘		✘	✘
Marry-Me Chicken		✘		✘		✘						✘
Perogies & Sausage				✘					✘			✘
Ginger Beef								✘	✘			
Buffalo Chicken Mac n' Cheese		✘		✘		✘						✘
Sweet & Sour Pork						✘		✘	✘			
Pork Chops				✘		✘						✘
Chicken Alfredo		✘		✘		✘						✘

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<i>Chicken Pot Pie Casserole</i>		✘		✘		✘			✘			✘
<i>Pot Roast Dinner</i>			✘	✘		✘						
<i>Creamy Tuscan Chicken Pasta</i>		✘		✘		✘						✘
<i>Beef Noodle Stir-Fry</i>	✘							✘	✘			✘
<i>Hawaiian Chicken</i>						✘			✘			
<i>Glazed Salmon</i>		✘			✘			✘	✘			✘
<i>Shepherd's Pie</i>				✘		✘						✘
<i>Pulled Pork & Warm Potato Salad</i>		✘	✘	✘		✘						
<i>Greek Chicken Orzo</i>				✘		✘						✘
<i>Creamy Tomato Soup</i>				✘		✘			✘			

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Beef Barley Soup						✘			✘			✘
Broccoli Cheddar Soup				✘		✘			✘			✘
Potato, Sausage & Corn Chowder				✘		✘			✘			✘
BBQ Chicken Thighs		✘		✘		✘						
Barbacoa Burrito Bowl		✘	✘	✘		✘						
Chocolate Chunk Cookies		✘		✘					✘			✘

Meals marked under Gluten contain rye-based ingredients. Meals marked under Wheat & Triticale contain wheat-based ingredients.