

Master Menu Ingredients Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 11/26/25

| Menu Item | Ingredients |
|------------------------------|--|
| Breakfast Entrées | |
| Texas Toast French Toast | egg, liquid, substitute, cholesterol free, pasteurized, fresh flavoring, extract, vanilla, imitation * milk, skim * spice, cinnamon, ground * cooking spray, allergen free, food release, vegalene bread, texas, sliced, alpha, 1.45 oz |
| Pancakes | water mix, pancake, buttermilk, gold medal, golden valley, dry cooking spray, allergen free, food release, vegalene |
| Sliced Banana Topping | banana, medium, 100-120 ct, fresh |
| Blueberry Topping | blueberries, fresh |
| Strawberry Topping | strawberries, fresh, quartered |
| Spring Harvest Avocado Toast | avocado, fresh salt, kosher juice, lemon, fresh pressed * spice, pepper, black, cracked bread, whole wheat, slice, .88 oz, alpha tomatoes, grape, fresh, halved asparagus, fresh oil, olive, extra virgin cheese, parmesan, shaved salt, kosher sugar, granulated water, cold juice, lemon, fresh pressed * thyme, fresh, chopped vinegar, rice, seasoned, marukan * onions, red, fresh, julienne sliced |
| Egg & Chz on WW English Muff | milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola cheese, cheddar, mild, loaf, sliced, .5 oz english muffin, whole wheat, 2 oz |
| B.E.C on WW English Muffin | english muffin, whole wheat, 2 oz egg, fresh, large, cage free, hfac, pasteurized, deb-el bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, pre-sliced, .75 oz |
| S.E.C on WW English Muffin | english muffin, whole wheat, 2 oz milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen cheese, cheddar, mild, loaf |
| Egg & Chz on English Muffin | english muffin, plain, 2 oz cheese, cheddar, mild, loaf milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene |
| B.E.C on English Muffin | english muffin, plain, 2 oz bacon, sliced, raw, 18/22, frozen *menu more cheese, cheddar, mild, loaf milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's cooking spray, allergen free, food release, vegalene |
| Egg Potato & Veg Skillet | oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" spice, paprika, ground egg, liquid, whole, w/citric acid, includes cage free, fresh milk, skim * base, cream, culinary, minor's oil, canola |
| Curried Tofu Scramble | tofu, extra firm, including liquids oil, canola spinach, fresh onion red fresh mushroom button fresh; 1/10 lb peppers, bell, red, fresh, diced, small, 1/4" sauce, soy, less sodium, gluten free, lee kum kee, bulk * spice, curry powder |

| Menu Item | Ingredients |
|---------------------------|---|
| Breakfast Sides | |
| Breakfast Potatoes | oil, canola onions, yellow, fresh, small diced, 1/4" potatoes, diced, peeled, roasted, fc, 5/8" salt, kosher spice, pepper, black, ground, fine parsley, fresh, chopped |
| Cottage Chz | cottage cheese, lowfat, 1% |
| Hard Fried Egg | egg, fresh, cage free cooking spray, allergen free, food release, vegalene |
| Hard Boiled Egg (cold) | egg, hard cooked, includes cage free |
| Scrambled Eggs | milk, skim * egg, liquid, whole, w/citric acid, includes cage free, fresh base, cream, culinary, minor's oil, canola |
| Egg Whites | egg, liquid, whites, includes cage free, pasteurized, fresh cooking spray, allergen free, food release, vegalene |
| Low Chol Scrambled Egg | milk, skim * egg, liquid, substitute, cholesterol free, pasteurized, fresh oil, canola |
| Bacon | bacon, sliced, raw, 18/22, frozen *menu more |
| Pork Sausage Patty | sausage patty, pork, jimmy dean, fc, 1.5 oz, frozen |
| Turkey Bacon | bacon, turkey, sliced, raw, frozen *menu less |
| Turkey Sausage | sausage link, turkey, 1 oz, rtc, frozen *menu less |
| Beef Broth 6floz | water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * |
| Chx Broth 6floz | water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l |
| Veg Broth 6floz | water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * |
| Fruits | |
| Apple | apples, red delicious, 125 count, fresh |
| Applesauce | applesauce, unsweetened, bulk * |
| Banana | banana, medium, 100-120 ct, fresh |
| Fruit Cup | honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved |
| Grapes | grapes, red seedless, fresh |
| Orange | orange, 88 count, fresh |
| Mandarin Oranges | orange, mandarin sections, juice pack, canned, drained |
| Peaches | peaches, diced, juice pack, canned, drained |
| Pears | pears, diced, juice pack, canned, drained |
| Stewed Prunes | prunes, juice pack, pitted, canned, including liquids |
| Cereals | |
| Apple Cinn Cream of Wheat | salt, kosher water cereal, cream of wheat, dry * applesauce, unsweetened, bulk * spice, cinnamon, ground * |
| Cream of Wheat | water, warm cereal, cream of wheat, dry * |

| Menu Item | Ingredients |
|------------------------------|---|
| Cream of Rice | water salt, kosher cereal, cream of rice, dry |
| Grits | water cereal, grits, quick, enriched, dry * |
| Oatmeal | water cereal, oatmeal, old fashioned, dry |
| Cheerios | cereal, cheerios, bowl, pc |
| Frosted Mini Wheats | cereal, frosted mini wheats, 1 oz, pc |
| Raisin Bran | cereal, raisin bran, bowl, 1.25 oz, pc |
| GF Rice Chex | cereal, rice chex, gf, bowl, pc |
| Rice Krispies | cereal, rice krispies, .88 oz, pc |
| Sugar & Brown Sugar Topping | sugar, brown, light sugar, granulated |
| Sweet N Low Sugar Substitute | sugar, pc |
| Cinnamon | spice, cinnamon, ground * |
| Raisins | raisins |
| Yogurts | |
| Lt Peach Yogurt | yogurt, peach, light, yoplait, 6 oz, pc |
| LF Strawberry Yogurt | yogurt, strawberry, low fat, bulk |
| LF Van Yogurt | yogurt, vanilla, low fat, parfait, 64 oz, pouch |
| Blueberry Greek Yogurt | yogurt, blueberry, greek, chobani, 5.3 oz, pc |
| Plain FF Greek Yogurt | yogurt, plain, greek, fat free, chobani, bulk |
| Van Greek Yogurt | yogurt, vanilla, greek, chobani, 5.3 oz, pc |
| Fruit & Yogurt Parfait | cereal, granola, no raisins, lowfat, bulk seeds, flax seeds, golden, ground honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, halved yogurt, vanilla, low fat, parfait, 64 oz, pouch |
| Bakery | |
| Blueberry Muffin | blueberries, unsweetened, frozen-iqf flour, all purpose water mix muffin low fat variety 6/4.5 lb |
| Bagel | bagel, plain, 2.3 oz, frozen |
| WW English Muffin | english muffin, whole wheat, 2 oz |
| Plain English Muffin | english muffin, plain, 2 oz |
| WW Bread | bread, whole wheat, slice, .88 oz, alpha |
| Rye Bread | bread, rye, deli, sliced, 1.5 oz |
| White Bread | bread, white, slice, 1.08 oz, bimbo |
| Soups | |

| Menu Item | Ingredients |
|------------------------------|---|
| Chx Ndle Soup 12flox | carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped |
| Chx Ndle Soup 6flox | carrot cello pack fresh; 48/1 lb onions, yellow, fresh, small diced, 1/4" celery, fresh, small diced, 1/4" oil, canola flour, all purpose water base, chicken, all natural, gluten free, minors * pasta, egg noodles, extra wide, dry spice, bay leaf * spice, allspice, ground salt, kosher spice, pepper, white, ground * chicken, pulled, dark/white, 65/35, fc parsley, fresh, chopped |
| Three Bean Chili Soup 12flox | oil, canola onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" tomatoes, diced in juice, no added salt, ang mia, canned spice, chili powder * spice, oregano, dried, crumbled spice, cumin, ground spice, pepper, red chili, crushed, flakes spice, bay leaf * salt, kosher beans, black turtle, low sodium, canned, drained, rinsed beans, cannellini, low sodium, canned, drained, rinsed beans, kidney, dark red, low sodium, canned, drained, rinsed cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4" |
| Three Bean Chili Soup 6flox | oil, canola onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped peppers, bell, green, fresh, diced, small, 1/4" peppers, bell, red, fresh, diced, small, 1/4" tomatoes, diced in juice, no added salt, ang mia, canned spice, chili powder * spice, oregano, dried, crumbled spice, cumin, ground spice, pepper, red chili, crushed, flakes spice, bay leaf * salt, kosher beans, black turtle, low sodium, canned, drained, rinsed beans, cannellini, low sodium, canned, drained, rinsed beans, kidney, dark red, low sodium, canned, drained, rinsed cilantro, fresh, chopped onions, green, scallion, bunch, fresh, sliced, 1/4" |
| Tomato Basil Soup 12flox | oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped |
| Tomato Basil Soup 6flox | oil, olive, extra virgin onions, yellow, fresh, small diced, 1/4" celery, fresh, diced, medium, 1/2" carrots, fresh, small diced, 1/4" * garlic cloves, peeled, fresh, chopped sugar, granulated seasoning, garlic herb, salt free * spice, oregano, dried, crushed * salt, kosher water base, vegetable, gluten free, no msg, minor's *menu more * tomato puree, canned tomatoes, diced in juice, no added salt, ang mia, canned basil, fresh, chopped |
| Veg Soup 12flox | carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water |
| Veg Soup 6flox | carrot cello pack fresh; 48/1 lb celery, fresh, small diced, 1/4" oil, canola onions, yellow, fresh, small diced, 1/4" spice, pepper, black, ground, fine water potatoes, pre-peeled, fresh, diced, 1/4" base, vegetable, gluten free, no msg, minor's *menu more * beans, green, cut, frozen okra, cut, frozen tomatoes, diced in juice, no added salt, ang mia, canned cornstarch water |
| Beef Broth 6flox | water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * |
| Chx Broth 6flox | water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l |
| Veg Broth 6flox | water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * |

| Menu Item | Ingredients |
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| WW Dinner Roll | roll, dinner, whole wheat, 1.5 oz, fresh |
| Dinner Roll | dough, roll, homestyle, 1 oz, frozen |
| Cornbread | mix, cornbread, southern style, gold medal, dry water honey, bulk oil, canola cooking spray, allergen free, food release, vegalene butter, unsalted, melted * honey, bulk |
| Garlic Breadstick | dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped |
| Seasonal Broth (flavors may vary by hospital) | |
| Delight Pho Broth | broth bag, delight pho, 0.17 oz, millie's, pc water, boiling |
| Thai Lemongrass Broth | broth bag, thai lemongrass, 0.17 oz, millie's, pc water, boiling |
| Tomato Basil Broth | broth bag, tomato basil, 0.17 oz, millie's, pc water, boiling |
| Spicy Tortilla Broth | broth bag, spicy tortilla, 0.17 oz, millie's, pc water, boiling |
| Side Salads | |
| Caesar Sld | lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk |
| Garden Sld | lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh |
| Vegetables & Hummus | hummus, traditional, grecian delight, frozen lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks cucumber fresh; 1/12 ct 6gm = 1 slice |
| Entrée Salads | |
| Mediterranean Sld | salt, kosher sugar, granulated water, cold vinegar, rice, seasoned, marukan * juice, lemon, fresh pressed * thyme, fresh, chopped onions, red, fresh, julienne sliced bread, pita, whole wheat, pocket, 6" * cooking spray, allergen free, food release, vegalene lettuce, salad mix, spring (mesclun) cucumber fresh; 1/12 ct 4gm = 1 slice cheese, feta, crumbled tomatoes, grape, fresh, halved olives, kalamata, pitted, halved |
| Caesar Sld | lettuce, romaine, fresh, chopped, 1/2" tomatoes, grape, fresh, halved cheese, parmesan, pre-shredded, fancy croutons, seasoned, bulk |
| Garden Sld | lettuce, romaine, fresh, shredded carrots, fresh, julienne sliced lettuce, salad mix, spring (mesclun) cucumbers, fresh, peeled, small diced, 1/4" cabbage, red, pre-shredded, fresh tomato grape frsh |
| Cottage Chz & Fruit Plate | cottage cheese, lowfat, 1% cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, sliced, 1/4" pineapple, fresh, cubed, 1/2" grapes, red seedless, fresh |
| Grilled Chx 3oz | basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola |

| Menu Item | Ingredients |
|------------------------------|--|
| Grilled Salmon 3oz | juice, lemon, bulk parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested fish, salmon, atlantic, wild, fillet, fresh oil, canola |
| Tofu 1/4c | tofu, firm, cubed, 1" |
| Chickpeas | beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk |
| Salad Dressings | |
| Balsamic Vinaigr | salad dressing, balsamic, bulk |
| Caesar | salad dressing, caesar, creamy, bulk |
| French | salad dressing, french, creamy, bulk |
| Italian | salad dressing, italian, .44 oz, pc |
| Ranch | salad dressing, ranch, 12 gm, pc |
| Oil & Balsamic Vinegar | vinegar, balsamic oil, olive |
| Honey Dijon Balsamic Vinaigr | vinegar, balsamic vinegar, red wine salt, kosher mustard, dijon shallots, peeled, fresh, chopped, 1/4" honey, bulk oil, canola spice, pepper, black, ground basil, fresh, chopped oil, canola |
| Handhelds | |
| Mediterranean Wrap VEGAN | salt, kosher sugar, granulated water, cold vinegar, rice, seasoned, marukan * juice, lemon, fresh pressed * thyme, fresh, chopped onions, red, fresh, julienne sliced tortilla wrap, flour, whole wheat, 10", ole mexican hummus, kronos lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice cucumber fresh; 1/12 ct 4gm = 1 slice peppers, red, roasted, strips, canned, drained< julienne |
| Turkey Club Sandwich | bacon, sliced, raw, 18/22, frozen *menu more bread, whole wheat, slice, .88 oz, alpha mayonnaise, light, kraft cheese, swiss, pre-sliced, .5 oz turkey, breast, skinless, reduced sodium, fc *menu less tomatoes, fresh, each slice lettuce, leaf, individual leaf, fresh cheese, cheddar, mild, pre-sliced, .5 oz turkey, breast, skinless, reduced sodium, fc *menu less |
| Chx Salad on WW Bread | chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz bread, whole wheat, slice, .88 oz, alpha |
| Egg Salad on White Bread | bread, white, slice, 1.08 oz, bimbo spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder |
| Tuna on White Bread | fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft bread, white, slice, 1.08 oz, bimbo |
| Peanut Butter & Jelly | jelly, grape, bulk peanut butter, creamy bread, white, slice, 1.08 oz, bimbo |

| Menu Item | Ingredients |
|-----------------------------|--|
| Caprese Melt | mayonnaise, regular, kraft, bulk juice, lime, fresh pressed basil, fresh, chopped bread, sourdough, slice, 1.5 oz local tomatoes, fresh, each slice cheese, mozzarella, pre-sliced, .9 oz, fresh basil, fresh, leaf cooking spray, allergen free, food release, vegalene |
| Chz Quesadilla | tortilla wrap, flour, 10", ole mexican cheese, cheddar, mild, pre-shredded, feathered |
| Chicken Quesadilla | basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola cooking spray, allergen free, food release, vegalene cheese, cheddar, mild, pre-shredded * tortilla wrap, flour, 10", ole mexican |
| Beef Patty | beef patty, 20% fat, raw, 5.3 oz, frozen |
| White Bun | bun, hamburger, white, 2.75 oz |
| WW Bun | bun, hamburger, whole wheat, 2.75 oz, 4", bimbo |
| Veg Burger on WW Bun | bun, hamburger, whole wheat, 2.75 oz, 4", bimbo cooking spray, allergen free, food release, vegalene burger, meatless, black bean, 3.3 oz |
| Veg Burger on White Bun | bun, hamburger, white, 2.75 oz cooking spray, allergen free, food release, vegalene burger, meatless, black bean, 3.3 oz |
| Grilled Chx on WW Bun w/L&T | basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola bun, hamburger, whole wheat, 2.75 oz, 4", bimbo lettuce, leaf, individual leaf, fresh tomatoes, fresh, each slice |
| Grilled Chz Sandwich | bread, whole wheat, sliced, 1 oz, local cheese, cheddar, mild, pre-sliced, .75 oz cooking spray, allergen free, food release, vegalene |
| Lettuce Leaf | lettuce, leaf, individual leaf, fresh |
| Sliced Tomato | tomatoes, fresh, each slice, 1/4" |
| Red Sliced Onions | onions, red, fresh, each slice |
| Sliced American Chz | cheese, american, pre-sliced, .5 oz |
| Sliced Cheddar Chz | cheese, cheddar, mild, loaf |
| Sliced Mozzarella Chz | cheese, mozzarella, part skim, loaf, sliced, 1 oz |
| Sliced Pepper Jack Chz | cheese, pepper jack, loaf, sliced, .75 oz |
| LF Sliced Swiss Chz | cheese, swiss, reduced fat, loaf |
| Ketchup | ketchup, 9 g, pc |
| Mustard | mustard, pc |
| Lt Mayonnaise | mayonnaise, light, kraft |
| Sour Cream | sour cream, 1 oz, pc |
| Medium Salsa | sauce, salsa, thick and chunky, medium |
| Pico de Gallo | tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped |

| Menu Item | Ingredients |
|-------------------------|--|
| BBQ Sauce | sauce, barbecue, kansas city classic |
| Cholula Sauce | sauce cholula,pc |
| Pasta | |
| Rotini Pasta w/Alfredo | pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, cheese, white, rtu, frozen * parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy |
| Grilled Chx 3oz | basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola |
| Meatball Marinara | pasta, rotini, dry salt, kosher water, boiling butter, unsalted, melted * garlic cloves, peeled, fresh, chopped parsley, fresh, chopped oregano, fresh, chopped * vinegar, red wine onions, vidalia, fresh, chopped, 1/4" * oil, canola beef, ground, 80/20, raw *menu more turkey, ground, 85% lean, nae, raw, frozen *menu less * bread crumbs, panko japanese, golden dipt * cheese, parmesan, grated sauce, hot, louisiana * egg, fresh, large, cage free, hfac, pasteurized, deb-el basil, fresh, chopped sauce, marinara, canned basil, fresh, chiffonade cut * cheese, parmesan, pre-shredded, fancy |
| Rotini Pasta w/Marinara | pasta, rotini, dry water, boiling salt, kosher oil, canola sauce, marinara, canned parsley, italian, fresh, chopped * cheese, parmesan, pre-shredded, fancy |
| Pasta Primavera | water, boiling pasta, rotini, dry broccoli, fresh, pieces, 1/2" peas, green, frozen carrots, fresh, sliced, 1/2" mushroom button fresh; 1/10 lb squash, zucchini, fresh, half slice, 1/4" tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" oil, canola |
| Entrees | |
| Roasted Salmon 3oz | oil, olive salt, sea fish, salmon, atlantic, wild, fillet, fresh |
| Baked Cod 4oz | seasoning, garlic herb, salt free * fish, pacific cod, fillets, 4 oz, frozen-iqf |
| Chx Marsala | water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l wine, cooking, burgundy rosemary, fresh, chopped garlic cloves, peeled, fresh, chopped thyme, fresh, chopped spice, bay leaf * water, cold juice base, orange, concentrate, 4+1, frozen * sauce, demi glace, concentrate, minor's water, cold spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * spice, paprika, smoked cornstarch water flour, all purpose spice, garlic, granulated spice, onion, granulated * spice, pepper, black, ground, fine chicken, breast, boneless, skinless, nae, 4 oz, koch, raw cooking spray, allergen free, food release, vegalene oil, canola onions, yellow, fresh, small diced, 1/4" garlic cloves, peeled, fresh, chopped thyme, fresh, chopped mushroom button fresh; 1/10 lb wine, cooking, marsala base, cream, culinary, minor's |

| Menu Item | Ingredients |
|----------------------------|--|
| Southwestern Carnitas Bowl | water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed pork, shoulder, boston butt, boneless, raw water onions, yellow, fresh, diced, medium, 1/2" carrots, fresh, sliced, 1/2" spice, oregano, dried, crushed * spice, cumin, ground spice, coriander, ground salt, kosher tomatoes, fresh, small diced, 1/4" * onions, yellow, fresh, small diced, 1/4" pepper jalapeno fresh juice, lime, fresh pressed salt, kosher cilantro, fresh, chopped cilantro, fresh, chopped |
| Rst Turkey w/Chx Gravy 3oz | water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l cornstarch water thyme, fresh, chopped sage, fresh, chopped rosemary, fresh, chopped oil, canola turkey, breast, skin on, petite, cib, rtc * |
| Beef Pot Roast w/Gravy 3oz | beef, chuck, eye roast, raw onions, yellow, fresh, diced, medium, 1/2" celery, fresh, diced, medium, 1/2" carrot cello pack fresh; 48/1 lb garlic cloves, peeled, fresh * cooking spray, allergen free, food release, vegalene base, beef, low sodium, gluten free, minors flavoring, kitchen bouquet rosemary, fresh thyme, fresh * water tomatoes, diced in juice, no added salt, ang mia, canned cooking spray, allergen free, food release, vegalene cornstarch water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water |
| Meatloaf w/Demi Glace 3oz | beef, ground, 80/20, raw *menu more turkey, ground, 85% lean, nae, raw, frozen *menu less * wine, cooking, burgundy rosemary, fresh, chopped garlic cloves, peeled, fresh, chopped thyme, fresh, chopped spice, bay leaf * water, cold juice base, orange, concentrate, 4+1, frozen * sauce, demi glace, concentrate, minor's water, cold spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * spice, paprika, smoked cornstarch water bread crumbs, panko japanese, golden dipt * spice, basil, leaves, dried, crushed spice, onion, granulated * spice, garlic, granulated spice, oregano, dried, crushed * mustard, dijon parsley, fresh, chopped egg, liquid, whites, includes cage free, pasteurized, fresh spice, thyme leaves, dried, crushed sauce, steak, a-1 * vinegar, red wine seasoning, salt free 17, lawry's * cooking spray, allergen free, food release, vegalene parsley, fresh, chopped |
| Vegetable Lasagna | cottage cheese, 4%, daisy, bulk butter, melted flour, all purpose spice, pepper, white, ground * salt, kosher milk, skim * cheese, parmesan, grated cheese, swiss, loaf, shredded * spice, garlic powder spice, oregano, dried, crushed * spice, basil, leaves, dried, crushed spice, nutmeg, ground onions, yellow, fresh, diced, medium, 1/2" garlic cloves, peeled, fresh, chopped spinach, fresh, chopped oil, canola peppers, bell, red, fresh, diced, small, 1/4" broccoli, fresh, pieces, 1/2" water, boiling carrots, fresh, small diced, 1/4" * cheese, mozzarella, whole milk, pre-shredded cooking spray, allergen free, food release, vegalene pasta sheets, lasagna, frozen mushroom button fresh; 1/10 lb |
| Veg Stir Fry | water rice, white, long grain, parboiled, dry salt, kosher water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch sauce, soy, tamari, low sodium, gluten free, kikkoman * spice, pepper, red chili, crushed, flakes honey, bulk garlic cloves, peeled, fresh, minced vinegar, rice wine, unseasoned * oil, sesame * oil, canola broccoli, fresh, pieces, 1/2" carrots, fresh, sliced, 1/2" celery, fresh, sliced, 1/2" onions, yellow, fresh, sliced, 1/4" squash, zucchini, fresh, half slice, 1/4" mushroom button fresh; 1/10 lb peppers, bell, red, fresh, julienne sliced * garlic cloves, peeled, fresh, chopped |

| Menu Item | Ingredients |
|-------------------------|--|
| Grilled Chx 3oz | basil, fresh, chopped rosemary, fresh, chopped chives, fresh, chopped spice, pepper, black, ground chicken, breast, boneless, skinless, nae, 4 oz, koch, raw thyme, fresh, chopped oil, canola |
| Grilled Salmon 3oz | juice, lemon, bulk parsley, fresh, chopped basil, fresh, chiffonade cut * oregano, fresh, chopped * cilantro, fresh, chopped lemon, fresh, zested fish, salmon, atlantic, wild, fillet, fresh oil, canola |
| Tofu 1/4c | tofu, firm, cubed, 1" |
| Chickpeas | beans, garbanzo, low sodium, canned, drained, rinsed oil, canola juice, lemon, fresh pressed * salt, kosher seasoning, greek freak mediterranean, salt free, spiceology, bulk |
| Sides | |
| Asparagus | asparagus, fresh oil, canola seasoning, really ranch, salt free, spiceology, bulk juice, lemon, bulk salt, kosher |
| Broccoli | broccoli, fresh |
| Carrots | carrots, whole baby, fresh |
| Corn | corn, whole kernel, frozen, drained oil, canola |
| Green Beans | beans, green, cut, frozen |
| Baked Potato | potatoes, baker 100 count, fresh |
| Baked Sweet Potato | sweet potatoes, 120 count, fresh |
| Roasted Potatoes Wedges | potatoes, red bliss, fresh spice, paprika, ground rosemary, fresh, chopped spice, pepper, black, ground, fine spice, garlic, granulated spice, onion, granulated * salt, kosher oil, canola parsley, fresh, chopped |
| Mashed Potatoes | potatoes, pre-peeled, fresh, quartered * water, boiling milk, whole * oil, olive salt, kosher |
| Macaroni & Chz | sauce, cheese, white, rtu, frozen * water pasta, macaroni, elbow, dry * cheese, cheddar, mild, pre-shredded, feathered |
| Brown Rice | rice, brown, dry water |
| White Rice | rice, white, long grain, parboiled, dry water salt, kosher |
| Cilantro Lime Rice | water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * oil, canola rice, white, long grain, parboiled, dry lime fresh; 1/48 ct salt, kosher water, tap juice, lime, fresh pressed cilantro, fresh, chopped |
| Pinto Beans | oil, canola onions, yellow, fresh, small diced, 1/4" peppers, bell, green, fresh, diced, small, 1/4" garlic cloves, peeled, fresh, chopped beans, pinto, low sodium, canned, drained, rinsed water spice, cumin, ground spice, chili powder * spice, paprika, smoked salt, kosher spice, pepper, black, ground, fine cilantro, fresh, chopped sauce, hot, louisiana * juice, lime, fresh pressed |
| WW Dinner Roll | roll, dinner, whole wheat, 1.5 oz, fresh |
| Dinner Roll | dough, roll, homestyle, 1 oz, frozen |

| Menu Item | Ingredients |
|----------------------------|---|
| Cornbread | mix, cornbread, southern style, gold medal, dry water honey, bulk oil, canola cooking spray, allergen free, food release, vegalene butter, unsalted, melted * honey, bulk |
| Garlic Breadstick | dough, breadsticks, french, 1 oz spice, garlic, granulated butter, melted spice, oregano, dried, crushed * parsley, fresh, chopped |
| Beef Gravy | water, hot broth, beef, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water |
| Chicken Gravy | water, hot broth, chicken, bag in a box, concentrate x 20, savory, 4.5 l cornstarch water |
| Veg Demi Glace | water, hot broth, vegetable, bag in a box, concentrate x 20, savory, 4.5 l * cornstarch water |
| Desserts | |
| Angel Food Cake w/Strawber | cake, angel food, 8", sara lee strawberries, fresh, quartered whipped topping, on top |
| Brownie | water mix brownie chocolate ztf 6/6 lb (11314) cooking spray, allergen free, food release, vegalene sugar, powdered |
| Carrot Cupcake | water mix, cake, white, gold medal carrots, pre-shredded, fresh flavoring, extract, vanilla pure spice, cinnamon, ground * spice, nutmeg, ground spice, ginger, ground butter, unsalted milk, skim * cream cheese, bulk sugar, powdered flavoring, extract, vanilla, imitation * spice, cinnamon, ground * |
| Mini Apple Pie | flour, all purpose salt, kosher baking powder * baking soda sugar, brown, light butter, unsalted cereal, oatmeal, quick, dry water, cold juice base, apple, 100%, concentrate, 5:1 * apples, sliced, water pack, canned, drained cornstarch sugar, brown, light spice, cinnamon, ground * spice, cinnamon, ground * pie shell, tart, pastry, 3" sugar, powdered spice, cinnamon, ground * |
| Choc Chip Cookie | dough, cookie, chocolate chip, 1.33 oz, frozen |
| Oatmeal Raisin Cookie | dough, cookie, oatmeal raisin, 1.33 oz, frozen |
| Sugar Cookie | dough, cookie, sugar, 1.33 oz, frozen |
| Banana Pudding Parfait | pudding, banana, canned rtu whipped topping, on top cookies, vanilla wafer, crumbled |
| Choc Pudding | whipped topping, on top pudding, chocolate, canned rtu |
| Van Pudding | whipped topping, on top pudding, vanilla, rtu |
| SF Choc Pudding | pudding, chocolate, sugar free, snack pack, 3.25 oz, pc |
| SF Van Pudding | pudding, vanilla, sugar free, snack pack, 3.25 oz, pc |
| Cherry Gelatin | gelatin mix, cherry gelatin mix, plain, unflavored water, boiling water, ice cold |
| Citrus Gelatin | gelatin mix, plain, unflavored gelatin mix, assorted citrus water, boiling water, ice cold |
| Lemon Gelatin | gelatin mix, lemon gelatin mix, plain, unflavored water, boiling water, ice cold |
| Lime Gelatin | gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold |
| Orange Gelatin | gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold |
| SF Citrus Gelatin | gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold |
| Choc Ice Cream | ice cream, chocolate, 1/2 cup, pc |

| Menu Item | Ingredients |
|------------------------------|---|
| Strawberry Ice Cream | ice cream, strawberry, 1/2 cup, pc |
| Vanilla Ice Cream | ice cream, vanilla, 1/2 cup, pc |
| Cherry Italian Ice | ice, italian, cherry, arrezzio, 4 oz, pc |
| Lemon Italian Ice | ice, italian, lemon, arrezzio, 4 oz, pc |
| Orange Sherbet | sherbet, orange, 1/2 cup, pc |
| Grape Popsicle | popsicle, grape, single, pc |
| Orange Popsicle | popsicle, orange, single, pc |
| Cherry Popsicle | popsicle, cherry, single, pc |
| SF Cherry Popsicle | popsicle, cherry, sugar free, single, pc |
| SF Grape Popsicle | popsicle, grape, sugar free, single, pc |
| SF Orange Popsicle | popsicle, orange, sugar free, single, pc |
| Beverages | |
| Decaf Coffee 6floz | water coffee, decaf, 100% colombian javo liq conc 35x1 |
| Coffee 6floz | water coffee, signature blend liq conc 32x1 |
| Decaf Hot Tea 6floz | tea bag, hot, decaf, pc water, boiling |
| Hot Tea 6floz | tea bag, hot, pc water, boiling |
| Hot Cocoa 6floz | mix, hot cocoa, ind packet, pc water, boiling |
| SF Hot Cocoa 6floz | mix, hot cocoa, no sugar, ind packet, pc water, boiling |
| Water 8floz | water, ice cold ice, cubes |
| Bottled Water | water, bottled, 8 oz, pc |
| Cool Blue Gatorade 8floz | gatorade, cool blue |
| Lemon Lime Gatorade 8floz | gatorade, lemon-lime |
| Fruit Punch Gatorade 8floz | gatorade fruit punch |
| Orange Gatorade 8floz | gatorade orange |
| Glac Cherry Gatorade 8floz | gatorade frost glacier cherry |
| Glac Frz Gatorade 8floz | gatorade glacier freeze |
| Lime Cucumber Gatorade 8floz | gatorade lime cucumber |
| Orange Gatorlyte 8floz | gatorlyte orange |
| Watermelon Gatorlyte 8floz | gatorlyte watermelon |
| Glac Frz Gatorade Zero 8floz | gatorade c zero glacier freeze |
| Cherry Gatorade Zero 8floz | gatorade zero cherry |
| Skim Milk 8floz | milk, skim/nonfat, 8 floz, pc |

| Menu Item | Ingredients |
|----------------------------|--|
| 2% Milk 8floz | milk, lowfat, 2%, 8 floz, pc |
| Whole Milk 8floz | milk, whole, 8 floz (250 ml), pc |
| Choc Skim Milk 8floz | milk, chocolate, fat free, 22 g sugar, 8 oz, pc |
| Lact Free Milk 8floz | milk, lactose-free, skim, 8 oz, pc |
| Van Almond Milk | milk, almond, vanilla, unsweetened, silk, bulk |
| Choc Soy Milk 8floz | milk, soy, chocolate, 8 fl oz, pc |
| Van Soy Milk 8floz | milk, soy, vanilla, 8 fl oz, pc |
| Apple Juice | water, cold juice base, apple, 100%, concentrate, 5:1 * |
| Cran Juice | water, cold juice base, cranberry, concentrate, 4:1 * |
| Grape Juice | juice, grape, 4 oz, pc |
| Orange Juice | water, cold juice base, orange, concentrate, 4+1, frozen * |
| Prune Juice | juice, prune, 4 floz, pc |
| V8 Juice | juice, v-8, low sodium, 5.5 oz, pc |
| Cherry Bubly | bubly, cherry, 12 oz, pc |
| Mango Bubly | bubly, mango, 12 oz, pc |
| Iced Tea 8floz | water, boiling tea bag, iced, 3 oz |
| Lemon Crystal Lt 8floz | water, cold ice, cubes drink mix, lemonade, crystal light, ind packet, pc |
| Rasp Crystal Lt 8floz | water, cold drink mix, raspberry, crystal light, ind packet, .08 oz, pc ice, cubes |
| Coke | soda, coca-cola, can, 7.5 oz, pc |
| Pepsi | soda, pepsi, 7.5 oz, pc |
| Diet Coke | soda, coke, diet, can, 7.5 oz, pc |
| Diet Pepsi | soda, pepsi, diet, 7.5 oz, pc |
| Caffeine Free Diet Cola | soda, cola, caffeine-free, diet, 8 oz, pc |
| Ginger Ale | soda, ginger ale, can, 7.5 oz, pc |
| Shasta Ginger Ale | soda shasta ginger ale 8 oz |
| Canada Dry Ginger Ale | soda canada dry ginger ale 7.5 oz |
| Schweppes Ginger Ale | soda schweppes ginger ale 7.5 oz |
| Diet Ginger Ale | soda, ginger ale, diet, can, 7.5 oz, pc |
| Shasta Diet Ginger Ale | soda shasta diet ginger ale 8 oz |
| Canada Dry Zero Ginger Ale | soda canada dry zero sugar ginger ale 7.5 oz |
| Schweppes Zero Ginger Ale | soda schweppes zero sugar ginger ale 7.5 oz |
| Sprite | soda, sprite, can, 7.5 oz, pc |

| Menu Item | Ingredients |
|-------------|--|
| Starry | soda, lemon lime, starry, 7.5 oz, pc |
| Diet Sprite | soda, sprite, zero, can, 7.5 oz, pc |
| Starry Zero | soda, lemon lime, starry, zero, 7.5 oz, pc |