



Allergy List October, 2010 – September, 2011

Lunch

Efforts have been made to ensure the accuracy of this list but we may have missed something. When in doubt, send us an e-mail gfoodc@aol.com. Manufacturers may change their formulations without notice, or distributors may make substitutions to Good Food Company's food order without notice. Manufacturers may produce items with allergens on the same line as other products. Additionally, there may be different ingredients that may be from the same food family such as milk, whey, caseine, or soy and soy protein and some children may be allergic to all, none, or a combination of the different variations of these ingredients. These varying forms of the ingredients generally have not been researched for this list. Generally, this list has the foods from our menu in the form as they are listed in each heading and not in the numerous other possible forms in which these ingredients may occur. It is suggested that children with life-threatening allergies not participate in Good Food Company's meal program. Food allergens may be/are stored or processed at our facility. When in doubt, parents of children with allergies are encouraged to bring food from home for their child. The following items have been researched for their allergens. Allergens not shown below have not been researched but can be done upon request.

PEANUT STATEMENT: Good Food Company does not menu anything with tree nuts or peanuts. Peanut products and other allergens are stored in our facility. We do not process any peanut/nut products.

No other known tree nut/peanut products are on our menu – certain seeds are on this menu)
Sesame seeds are present in all bread products even when not visible as we use the same equipment for all bread.

If your allergy is to Eggs, do not eat any of the following:

Corn bread

All salad dressings/dips

Hamburger stroganoff (egg noodles)

Fish sticks

Chicken nuggets

Meatball sub

Cheese manicotti

Meatloaf

Lasagna

Cole slaw

Macaroni & cheese

Quiche

Ravioli

Whole wheat, French, Cracked wheat, Multi-grain breads (egg wash only applied to top)

-LUNCH CONTINUED-

If your allergy is to Milk, cheese, milk powder do not eat any of the following:

All breads, rolls

All salad dressings/dips

Butter

Grated cheese sent as a condiment

Pizza

Hamburger stroganoff

Fish sticks

Potato cheese soup

Chicken nuggets

Cheese manicotti

Mashed sweet potatoes

Lasagna

Cheese melt

Tomato soup

Macaroni & cheese

Quiche

Meatball sub

Ravioli

If your allergy is to corn, corn syrup or corn starch , do not eat any of the following:

All salad dressings

Ketchup

Mayonnaise

Sloppy Joe

Hamburger Stroganoff

BBQ chicken

Fish sticks

Meatloaf

Cornbread (corn meal)

Baked beans

Corn

Meatball sub (trace corn syrup solids)

Baked chicken leg (corn meal)

-LUNCH CONTINUED-

If your allergy is to soy, the following all contain soy in the form of soybean oil or soy lecithin:

Corn bread
Pizza
Cheese melt
Ravioli
Fish sticks
Chicken nuggets
Manicotti
Lasagna
Tortillas
Salad dressings/dips
Teriyaki chicken
Quiche (crust)
Meatball sub
Meatloaf
Fajitas

If your allergy is to Sesame seeds, do not eat any of the following:

All breads – not all bread has sesame seeds but breads are baked in the same pans containing sesame seed residue.

If your allergy is to tomatoes, do not eat any of the following:

Ziti with chicken sausage
Baked beans
Chicken fajitas
Beans & rice
Cheese manicotti
Sloppy Joe
Meatloaf
Lasagna
Tomato soup
Soft taco
Meatball sub
Spaghetti w/ meat sauce
Turkaroni
Pizza
Chicken chili
Hamburger stroganoff
BBQ chicken
Red salad dressings
Ketchup

If your allergy is to strawberries, they are sent as fresh fruit from time to time and they are also in one of the salad dressings. The salad dressing is pink and there are visible pieces of strawberries.

-LUNCH CONTINUED-

If your allergy is to wheat, do not eat any of the following:

Breads, rolls, tortillas

Beef stroganoff

Ravioli

Pizza

Meatballs

Quiche

Spaghetti

Fish sticks

Macaroni & cheese

Ziti w/ chicken sausage

Chicken fajitas (tortilla)

Chicken nuggets

Cheese manicotti

Turkaroni

Meatloaf

Lasagna

Salisbury steak

Teriyaki chicken leg

Cheese melt

Baked chicken leg

Chicken chili

6/29/10