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# *All Souls Cafeteria*

## **Menu Ingredients**

This document provides you with the ingredients of each cafeteria meal offering.

**5/1/2014**

# **MENU INGREDIENTS – ALL SOULS CAFETERIA**

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## **AVOCADO QUESADILLAS**

**WHOLE WHEAT TORTILLAS** - Whole wheat flour, water, enriched wheat flour, non-hydrogenated canola oil, molasses, salt, culture wheat flour, baking soda, corn starch. *Manufactured in a facility that may produce products that contain wheat, soy, eggs, peanuts and tree nuts*

**AVOCADOS**

**CHEDDAR CHEESE** - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*

**COOKED CHICKEN**

## **BEVERAGES**

**APPLE JUICE** - Apple juice from concentrate

**ORANGE JUICE** - Water, 100% orange juice concentrate

**1% MILK** - Low fat milk, skim milk, Vitamin A, Vitamin D3

**1% CHOCOLATE MILK** - Skim milk, high fructose corn syrup, flavored base powder (cocoa), corn starch, salt

## **CANNED FRUIT**

**APPLE SAUCE** – Apples, water, ascorbic acid (vitamin C)

**CANNED PEACHES** - Peaches, water, corn syrup, sugar

**CANNED PEARS** - Diced pears, water, high fructose corn syrup

**CANNED PINEAPPLES** - Pineapple, water, sugar, citric acid

**MIXED FRUIT** – Diced peaches, diced pears, water grapes, corn syrup, pineapple segments, halved cherries artificially colored red with carmine, sugar

## **CANNED VEGETABLES**

**CANNED CORN** - Corn, water, salt

## **CHEESE PIZZA LUNCH**

**PIZZA SAUCE** - Oil, onions, garlic, oregano, basil, bay leaves, sugar, salt, pepper, whole tomatoes, tomato paste

**PIZZA DOUGH** - Sugar, yeast, water, whole wheat flour, all-purpose flour, powdered milk, salt

**CARROTS**

**CELERY**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contain eggs and milk*

**GARDEN SALAD** - Iceberg lettuce, carrots, red cabbage

**FRUIT**- fresh or canned

**BEVERAGE**

## **CHEESE QUESADILLA LUNCH**

**FLOUR TORTILLAS** - Whole wheat flour, water, enriched wheat flour, non-hydrogenated canola oil, molasses, salt, culture wheat flour, baking soda, corn starch. *Manufactured in a facility that may produce products that contain wheat, soy, eggs, peanuts and tree nuts*

**WHITE CHEDDAR CHEESE**

**REFRIED BEANS**

**CARROTS, CELERY**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**FRUIT**- fresh or canned

**BEVERAGE**

## **CHICKEN BURGER LUNCH**

**BREADED CHICKEN BREAST PATTIES** - Chicken breast meat with rib meat, water, wheat flour, yellow corn flour, modified corn starch. *Contains wheat, soy, milk and eggs*

**HAMBURGER BUNS** - Enriched bleached flour, water, high fructose corn syrup, yeast. *Contains wheat, soy and milk -processed in a plant that handles sesame seeds*

**FRENCH FRIES** - Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate. *Contains soybeans*

**AMERICAN CHEESE** - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin

**KETCHUP** - Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring

**MAYONNAISE** - Soy bean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**PICKLES, LETTUCE**

**CARROTS, CELERY**

**FRUIT** - fresh or canned

**BEVERAGE**

## **CHICKEN NUGGETS LUNCH**

**CHICKEN NUGGETS** - Chicken breast with rib meat, water, vegetable protein product, dried whole egg solids, seasoning; batter: water, enriched bleached wheat flour, modified corn starch, salt, spices, dextrose, dried garlic, paprika and annatto, xanthan gum; breaded with: enriched bleached wheat flour, enriched wheat flour, sales, spices, soybean oil, dextrose, dried garlic, paprika and annatto. *Contains egg, soy and wheat*

**FRENCH FRIES** - Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate. *Contains soybeans*

**KETCHUP** - Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**BARBECUE SAUCE** - Tomato puree, water, tomato paste, high fructose corn syrup, vinegar, salt, modified food starch

**CARROTS, CELERY**

**FRUIT** – fresh or canned

**BEVERAGE**

## **CORN DOG LUNCH**

**CHICKEN CORN DOGS** - Chicken, water, salt; batter: water, enriched flour, sugar, yellow corn flour, enriched degermed yellow corn meal, soy flour. *Contains wheat, soy, eggs and gluten*

**TORTILLA CHIPS** - Whole grain corn, non-hydrogenated soybean oil and/or canola oil, water, salt and trace of lime

**NACHO CHEESE** - Water, soybean oil, modified food starch, jalapeno peppers, cornstarch, salt, vinegar, cheddar cheese, green chili, peppers, maltodextrin

**SALSA**

**CARROTS, CELERY**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**FRUIT**- fresh or canned

**BEVERAGE**

## **DESSERTS**

**APPLE CRISP** - All purpose flour, rolled oats, brown sugar, cinnamon, nutmeg, salt, butter, canned unsweetened sliced apples, water

**JELLO** - Sugar, gelatin. *Made on equipment that processes wheat, soy, milk, egg and tree nuts*

**OATMEAL COOKIES** – Butter, sugar, eggs, whole wheat flour, salt, baking powder, baking soda, vanilla, cinnamon, oatmeal, nutmeg, cloves

## **FRENCH TOAST LUNCH**

**TEXAS TOAST** - Unbleached enriched flour, water, high fructose corn syrup, yeast. *May contain sesame seeds*

**PORK SAUSAGES** - Pork, water, salt, spices, sugar, dextrose, citric acid, caramel color, beef collagen casings

**HASH BROWN POTATOES** - Potatoes, vegetable oil

**MAPLE SYRUP** – High fructose corn syrup, water, maple syrup

**POWDERED SUGAR** – Sugar, corn starch

**FRUIT** – fresh or canned

**BEVERAGE**

## **FRESH FRUIT**

**APPLES**

**WATERMELON**

**ORANGES**

**GRAPES**

**NECTARINES**

**CANTALOUPE**

## **FRESH VEGETABLES**

**GARDEN SALAD**- Iceberg lettuce, carrots, red cabbage

**LETTUCE**

**CARROTS**

**CELERY**

**BROCCOLI**

**TOMATOES**

## **FRIED RICE**

**BROWN RICE**

**CHICKEN STOCK**

**GREEN ONIONS**

**DICED CHICKEN**

**EGGS**

**BACON**

**PEAS**

**SOY SAUCE**

**SALT & PEPPER**

## **GRILLED CHEESE or TURKEY SANDWICH w/ SOUP**

**CHICKEN SOUP BASE** - Roasted chicken, chicken juices, salt, sugar

**NOODLE** – *Contains wheat and eggs*

**WHOLE GRAIN WHITE BREAD**

**AMERICAN CHEESE** - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin

-or-

**DELI TURKEY**

**CARROTS**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**MAYONNAISE** - Soy bean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice

**MUSTARD**

**FRUIT**- fresh or canned

**BEVERAGE**

## **HAMBURGER LUNCH**

**GROUND BEEF**

**HAMBURGER BUNS** - Enriched bleached flour, water, high fructose corn syrup, yeast. *Contains wheat, soy and milk - processed in a plant that handles sesame seeds*

**FRENCH FRIES** - Potatoes, vegetable oils, dextrose, disodium dihydrogen pyrophosphate. *Contains soybeans*

**AMERICAN CHEESE** - Cultured milk and skim milk, cream, sodium citrate, salt, soy lecithin

**KETCHUP** - Tomato concentrate from red ripe tomatoes, distilled vinegar, high fructose corn syrup, salt, spices, onion powder, natural flavoring

**MAYONNAISE** - Soy bean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**PICKLES**

**LETTUCE**

**CARROTS**

**CELERY**

**FRUIT**- fresh or canned

**BEVERAGE**

## **HOT DOG ON A BUN LUNCH**

**HOT DOGS** - Beef, water, dextrose, salt, mustard, potassium lactate, sodium phosphate, sodium diacetate, sodium ascorbate, oleoresin of paprika, sodium nitrite

**HOT DOG BUNS** - Enriched bleached flour, water, high fructose corn syrup, yeast. *Contains wheat, soy and milk - processed in a plant that handles sesame seeds*

**VEGETARIAN BEANS** - Water, prepared beans, sugar

**MACARONI SALAD** – Elbow macaroni, mayonnaise, carrots, celery, onions, pickle relish, pepper, mustard, salt, paprika

**FRUIT**- fresh or canned

**BEVERAGE**

## **LASAGNA or BUTTERED PASTA LUNCH**

**PASTA SHEETS** - Enriched Durum Flour, Water, Eggs, Soybean Oil. *Contains wheat and eggs*  
-or-

**WHOLE WHEAT PASTA** - 100% Durum whole wheat flour. *Contains wheat and eggs*

**BEEF PATTY CRUMBLES** – Ground beef (not more than 20% fat), water, soy protein concentrate, seasoning. *Contains soy*

**CHEDDAR CHEESE** - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*

**PARMESAN CHEESE** - Parmesan cheese. *Contains milk*

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*

**CARROTS**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**FRUIT**- fresh or canned

**BEVERAGE**

## **LENTIL SOUP**

**ONIONS, CELERY, AND CARROTS**

**GARLIC, SALT & PEPPER**

**CHICKEN STOCK**

**TOMATOES**

**LENTILS**

## **MACARONI & CHEESE LUNCH**

**CHEDDAR CHEESE** - Pasteurized part-skim milk, cheese culture, salt. *Contains milk*

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, egg and soy*

**GARDEN SALAD** - Iceberg lettuce, carrots, red cabbage

**FRUIT** – fresh or canned

**BEVERAGE**

## **OVEN FRIED CHICKEN LUNCH**

**WHOLE CHICKEN PIECES, DARK AND WHITE MEAT**

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*

**MASHED POTATOES** - Idaho potatoes, salt, vegetable oil, nonfat dry milk. *Contains milk and soy*

**GRAVY**

**CANNED CORN** - Corn, water, salt

**APPLE CRISP** - All purpose flour, Rolled oats, brown sugar, cinnamon, nutmeg, salt, butter, canned unsweetened, sliced apples, water

**BEVERAGE**

## **PASTA W/BROCCOLI AND CHICKEN LUNCH**

**WHOLE WHEAT PASTA** - 100% Durum whole wheat flour. *Contains wheat and eggs*

**DICED CHICKEN MEAT AND BROCCOLI FLORETS**

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*

**JELLO** - Sugar, gelatin. *Made on equipment that processes wheat, soy, milk, egg and tree nuts*

**CARROTS**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*



**FRUIT**- fresh or canned

**BEVERAGE**

## **POPCORN CHICKEN LUNCH**

**POPCORN CHICKEN** - Diced Chicken Breasts with Rib Meat containing up to 20% of a solution of water, salt, sodium phosphates. Breaded with wheat flour, water, salt. *Contains wheat*

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*

**MASHED POTATOES** - Idaho potatoes, salt, vegetable oil, nonfat dry milk. *Contains milk and soy*

**CANNED CORN** - Corn, water, salt

**FRUIT** – fresh or canned

**BEVERAGE**

## **SPAGHETTI LUNCH**

**WHOLE WHEAT PASTA**

100% Durum whole wheat flour. *Contains wheat and eggs*

**GROUND BEEF**

**CHEESE STICK**

**PARMESAN CHEESE** - Parmesan cheese. *Contains milk*

**HAWAIIAN SWEET ROLLS** - Enriched flour, water, sugar, liquid sugar, eggs. *Contains wheat, milk, eggs and soy*

*-or-*

**GARLIC BREAD** - Enriched unbleached flour, water, palm margarine, salt, sugar, wheat gluten, cultured wheat starch, roasted garlic, canola oil, asiago cheese, vinegar, egg white powder, yeast, extra virgin olive oil, chives. *Contains egg, milk, soy and wheat. Made in a facility that also handles tree nuts*

**GARDEN SALAD** - Iceberg lettuce, carrots, red cabbage

**FRUIT** – fresh or canned

**BEVERAGE**

## **TACO LUNCH**

**TACO SHELLS** - Whole grain corn, water, vegetable oil

**GROUND BEEF OR TURKEY GROUND MEAT**

**SHREDDED LETTUCE**

**SHREDDED CHEDDAR CHEESE**

**SPANISH RICE** – Long grain rice enriched with iron, niacin, thiamine and folic acid

**CARROTS**

**RANCH DRESSING** - Soy bean oil, water, egg yolks, sugar, vinegar. *Contains eggs and milk*

**JELLO** - Sugar, gelatin. *Made on equipment that processes wheat, soy, milk, egg and tree nuts*

**BEVERAGE**

