iCater: Allergen Meals

Meal	Montreal Seasoned Chicken Breast Roast Sweet Potato Peas & Carrots	Chicken Tacos Corn Tortillas Pico	Lemon Pepper Seasoned Chicken Breast Mashed Sweet Potato Green Bean	Beef w/ Pepper & Onions Brown Rice Carrots	Bolognese w/ GF Pasta Salad w/ Dressing
Ingredients	Chicken Breast, Montreal Chicken Seasoning (Garlic, Onion, Salt, {Spices including: Black Pepper, Parsley, Red pepper, Paprika} Orange Peel, Green Bell Pepper, and Sulfating Agent), Sweet Potatoes, Peas, Carrots	Chicken Thigh (Boneless & Skinless Thigh Meat), Lime, White Distilled Vinegar, Chili Powder (Chili Pepper, Salt, Silicon Dioxide, Garlic), Ground Cumin, Oregano Leaf, Cilantro, Ground Coriander, Whole Grain Corn, Water, Contains 2% or less of: Cellulose Gum, Guar Gum, Enzymes, and Propionic Acid, Benzoic Acid and Phosphoric Acid (to maintain freshness), Olive Oil, Plum Tomatoes, Onions, Cilantro, Crushed Garlic, Lime	Chicken Breast, Lemon Pepper Seasoning, (Salt, Black Pepper, Citric Acid, Onion, Sugar, Garlic, Calcium Stearate, Silicon Dioxide, Celery Seed, Lemon Oil, and FD&C Yellow 5 Lake), Lemons, Sweet Potato, Green Beans	Diced Beef (Pre-Portioned Cubes of Lean Meat), Corn Starch, Red Pepper, Ginger Root, Yellow Pepper, Balsamic Glaze (Balsamic Vinegar of Modena {Wine Vinegar, Concentrated Grape Must, Cooked Grape Must}, Concentrated Grape Juice, Sugar, Color: Caramel, Stabilizer: Xantan Gum, Antioxidant: Potassium Metabisulphite), Brown Rice, Carrots	Ground Beef (81% Lean 19% Fat), Vine-Ripened Tomatoes, Onion, Celery, Tomato Sauce, Tomato Puree (Water, Tomato Paste), Tomatoes, Less than 2% of: (Sugar, Modified Corn Starch, Dried Onion, Extra Virgin Olive Oil, Potassium Chloride, Citric Acid, Calcium Chloride, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor), GF Chicken Base (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate / disodium guanylate, dried chicken broth, chicken fat, potato starch, natural extractives of turmeric and annatto, citric acid, dried chicken, chicken skin, papain, natural extractives of paprika, rosemary extract, lactic acid), Corn Flour, Rice Flour, Mono and Diglycerides, Iceberg lettuce, shredded carrots, red cabbage, Filtered water, canola oil, vinegar, sugar, extra virgin olive oil, lemon juice concentrate, sea salt, spice, lemon peel*, garlic*, xanthan gum, natural flavor. *Dehydrated.

iCater: Allergen Meals

Meal	Turkey Dinner Roasted Potato Peas GF Gravy Cranberry Sauce	Jerk Chicken Breast Rice & Beans Vegetable	Chicken Marinara GF Pasta Salad w/ Dressing	BBQ Chicken Strips Brown Rice Salad w/ Dressing	Turkey Chili Verde Brown Rice San Francisco Blend
Ingredients	Turkey Bone-In Breast (Contains Up To 15% of a Solution of Turkey Broth, Salt, Sugar, and Sodium Phosphates), Poultry Seasoning, Red Potato, Thyme Leaves, Paprika, Rosemary, Black Pepper, Peas, Food Starch Modified (from corn), Rice Flour, Hydrolyzed Corn Protein, Maltodextrin (from corn), Turkey Broth, Yeast extract, Pure Cane Sugar, Salt, Dried Onion Caramelized Cane Sugar, Spices (Celery and Black Pepper Extract), Cranberries, high fructose corn syrup, water, corn syrup	Chicken Breast, Caribbean Jerk Spice (Salt, Spices including Red Pepper), Dextrose, Caramel Color, Chives, Sulfating Agents), Brown Rice, Prepared White Kidney Beans (Water, Salt, Calcium Chloride Added To Help Maintain Firmness, Calcium Disodium Edta Added To Help Promote Color Retention), Sazon Con Azafran Seasoning (monosodium glutamate, salt, dehydrated garlic, cumin, yellow 5, tricalcium phosphate {anti-caking agent}, annatto {color}, Mexican saffron, turmeric {color}, Red 40), Vegetable du jour nothing added	Chicken Breast, Tomato Sauce, Tomato Puree (Water, Tomato Paste), Tomatoes, Less than 2% of: (Sugar, Modified Corn Starch, Dried Onion, Extra Virgin Olive Oil, Potassium Chloride, Citric Acid, Calcium Chloride, Dried Basil, Dried Oregano, Dried Parsley, Dried Cane Syrup, Natural Flavor), Corn Flour, Rice Flour, Mono and Diglycerides, Iceberg Lettuce, Shredded Carrots, Red Cabbage, Filtered Water, Canola Oil, Vinegar, Sugar, Extra Virgin Olive Oil, Lemon Juice Concentrate, Sea Salt, Spice, Lemon Peel*, Garlic*, Xanthan Gum, Natural Flavor. *Dehydrated.	Chicken Breast, Smokey BBQ Sauce (Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Molasses, Salt, Mustard Bran, Natural Hickory Smoke Flavor, Spices, Onion Powder, Celery Seed, Sodium Benzoate {as a preservative}, Garlic Powder, Sugar and Natural Flavors), Brown Rice, Iceberg Lettuce, Shredded Carrots, Red Cabbage, Filtered Water, Canola Oil, Vinegar, Sugar, Extra Virgin Olive Oil, Lemon Juice Concentrate, Sea Salt, Spice, Lemon Peel*, Garlic*, Xanthan Gum, Natural Flavor. *Dehydrated	Turkey Breast Bone-In, Green Peppers, Oregano, GF Chicken Base (chicken meat and natural chicken juices, maltodextrin, autolyzed yeast extract, flavors, salt, cornstarch, 2% or less of corn oil, disodium inosinate/disodium guanylate, dried chicken broth, chicken fat, potato starch, natural extractives of turmeric and annatto, citric acid, dried chicken, chicken skin, papain, natural extractives of paprika, rosemary extract, lactic acid), Crushed Garlic, Onions, Celery, Ground Cumin, Crushed Tomatillo, Dried Navy Bean, Brown Rice, Broccoli, Carrots, Yellow Carrots, Red Peppers

iCater: Allergen Meals

Meal	Cranberry Glazed Turkey Tips Mashed Potato Mixed Vegetables	Chicken Breast w/Cranberry Sauce Sweet Potato Steamed Vegetables	Mustard Glazed Pork Roast Potato Steamed Vegetables		
Ingredients	Turkey Bone-In Breast (Contains Up To 15% of a Solution of Turkey Broth, Salt, Sugar, and Sodium Phosphates), Cranberries, high fructose corn syrup, water, corn syrup, Potato, Mixed Vegetables	Chicken Breast, Seasoning, Sweet Potato, Cinnamon, Brown Sugar, Steamed Veg, GF gravy: Food Starch Modified (from corn), Rice Flour, Hydrolyzed Corn Protein, Maltodextrin (from corn), Turkey Broth, Yeast extract, Pure Cane Sugar, Salt, Dried Onion Caramelized Cane Sugar, Spices (Celery and Black Pepper Extract), Cranberries, high fructose corn syrup, water, corn syrup	Pork Loin, Seasoning, Dijon: (DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, CHARDONNAY WINE, CITRIC ACID, TARTARIC ACID, SPICES & TURMERIC.) Red Potato, Steamed Vegetable		