

Ingredient list 2022-2023

Beef Burger

MacGregors Cooked Steakhouse Burger - Beef, water, toasted wheat crumbs, soy protein, salt, flavour, onion powder, spice.

Ben's hamburger buns - Enriched wheat flour, water, sugar / glucose-fructose, yeast*, vegetable oil (canola or soybean), salt, vinegar, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides, acetylated tartaric acid esters of mono and diglycerides. *Order may change. **MAY CONTAIN SESAME**

Beef Taco

Eastern Lean Ground Beef- 100% beef

Sonora Whole wheat Flour Tortilla- Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Contains Wheat, Gluten**

Sonora White Flour Tortilla- Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono – diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced). Contains wheat, gluten **LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin

Taco Seasoning- Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).

Puréed Vegetables - Carrots, red peppers, green peppers, onions, celery, and Spinach

Chili Sauce - Tomato Puree (Tomato Paste, Water), Distilled White Vinegar, High Fructose Corn Syrup, Salt, Corn Syrup, Dehydrated Onions, Spice, Garlic Powder, Natural Flavoring.

Breakfast Turkey Patties – Fully Cooked - FROZEN Turkey, Water, Rice flour, Salt, Sugars (sugar, dextrose), Spices, Rice starch, Mono & diglycerides, Rice concentrate, Spice extracts, Silicon dioxide, Canola and/or sunflower oil, Natural flavour, Yeast

Caesar Salad

Iceberg Lettuce chopped

Saputo Seasoned Croutons - Toasted wheat crumbs, high monosaturated canola oil, sugar, garlic powder, salt, onion powder, grated parmesan cheese (milk), hydrolyzed soy and corn protein with caramel, dehydrated parsley, citric acid, flavor, colour, spices] **Contains milk, soy, wheat**

Hellman's Classic Caesar - Water, soybean oil, parmesan cheese, liquid whole egg & egg yolk, vinegar, dijon powder, salt, potassium chloride, concentrated lemon juice, modified corn starch, anchovies, xanthan gum, & onion phosphoric acid, fumaric acid, sorbic acid, spices, propylene glycol alginate, mustard flour, worcestershire sauce (vinegar, molasses, corn syrup, water, salt, natural colour, garlic powder, sugar, spices, tamarind, natural flavour), sugar, soy flour, natural flavour, disodium guanylate, disodium inosinate, calcium disodium edta. **Contains: milk, mustard, egg, anchovy, soy.**

Saputo Grated Parmesan Cheese - Modified milk ingredients, pasteurized milk, salt, lipase, calcium chloride, bacterial culture, microbial enzyme, cellulose, sorbic acid.

Carrot Coins – carrots

Cheese Burger

MacGregors Cooked Steakhouse Burger - Beef, water, toasted wheat crumbs, soy protein, salt, flavour, onion powder, spice.

Ben's hamburger buns - Enriched wheat flour, water, sugar / glucose-fructose, yeast*, vegetable oil (canola or soybean), salt, vinegar, calcium propionate, sodium stearoyl-2-lactylate, monoglycerides, acetylated tartaric acid esters of mono and diglycerides. *Order may change. **MAY CONTAIN SESAME**

Shredded Cheese- Non-fat Cheddar Cheese Pasteurized Skim Milk and Milk. Salt, Yeast, Cheese Culture, Artificial Color, Natural Flavor, Enzymes, Vitamin A Palmitate, Potato Starch, Cellulose and Calcium Sulfate Added to Prevent Caking, Natamycin.

Cheese Pizza

Pizza Crust - ENRICHED UNBLEACHED WHEAT FLOUR, WATER, YEAST, SUGAR, PARTIALLY HYDROGENATED SOYABEAN AND COTTONSEED OILS, SALT, GUAR GUM, L-CYSTEINE HYDROCHLORIDE, ENZYMES (AMYLASE). **MAY CONTAIN: MILK AND SOYA Allergens Wheat**

Italpasta Pizza Sauce- Crushed tomatoes, water, Modified corn starch, sugar, salt, spices, garlic powder, citric acid

Veggie Puree – Carrot, celery, onions, red pepper, green pepper, spinach

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin]

Chicken Caesar Wrap Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Sonora Whole wheat Flour Tortilla- Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Contains Wheat, Gluten. Sonora White Flour Tortilla**- Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono – diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced). Contains wheat, gluten **LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE**

Iceberg lettuce chopped, Hellman's Caesar - Water, corn maltodextrin, soybean oil, vinegar, sugar, salt, modified corn starch, parmesan cheese, liquid whole eggs, liquid yolk, torcula yeast, dried garlic, potassium chloride, spice, potassium sorbate, xanthan gum, anchovy paste (anchovies, salt, soy flour, water), fumaric acid, colour, phosphoric acid, natural flavour, propylene glycol alginate, calcium disodium edta. Contains: milk, egg, anchovy, soy, mustard **Saputo Grated Parmesan Cheese** - Modified milk ingredients, pasteurized milk, salt, lipase, calcium chloride, bacterial culture, microbial enzyme, cellulose, sorbic acid.

Chicken Fajita

Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Contains: Soy Sonora Whole wheat Flour Tortilla- Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Contains Wheat, Gluten Sonora White Flour Tortilla-** Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono – diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced). Contains wheat, gluten **LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**

Taco Seasoning - Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide, sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative). **Puréed Vegetables-** Carrots, red peppers, green peppers, onions, and celery, and Spinach

Chicken Penne Alfredo

Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Italpasta Penne Reigate- Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italpasta Whole Wheat Penne Pasta- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin

Grated Parm Cheese- Modified milk ingredients, pasteurized milk, salt, lipase, calcium chloride, bacterial culture, microbial enzyme, cellulose, sorbic acid.

Knorr Culinary Cream Base – Modified Corn Starch, Palm oil & Shortening, Maltodextrin, Buttermilk Powder, Sugar, Salt, Yeast Extract, Soybean Oil, Potassium Chloride, Onion Powder, Natural Flavour, Disodium Inosinate, Disodium Guanylate, spice **Spices – Onion Powder, Garlic powder, white pepper**

Chicken Quesadilla

Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin] **Sonora Whole wheat Flour Tortilla-** Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes (Sodium Chloride, Wheat Starch), L-Cysteine (Vegetable Sourced). **Contains Wheat, Gluten Sonora White Flour Tortilla-** Wheat Flour, Water, Canola/ Modified Palm oil shortening, mono – diglycerides, salt, baking powder, calcium propionate, rice flour, sugar, fumaric acid, sorbic, cellulose gum, guar gum, potassium sorbate, enzymes (sodium chloride, wheat starch), L-Cysteine (vegetable sourced). Contains wheat, gluten **LEARYS BROOK, CLARENVILLE MIDDLE, BROOKSIDE INTERMEDIATE, JUNIPER RIDGE & ST. PAUL'S**

Chicken Ranch Flatbread

Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Richs Oval Flatbread 12"x5".0(48's) - ENRICHED UNBLEACHED WHEAT FLOUR, WATER, WHOLE GRAIN WHOLE WHEAT FLOUR, SOYBEAN OIL, YEAST, SKIM MILK POWDER, SUGAR, OLIVE OIL, SALT, DRY SOURDOUGH OF RYE (FERMENTED RYE FLOUR, SALT), WHEAT STARCH, ENZYMES (AMYLASE, XYLANASE). **CONTAINS: WHEAT, MILK** **MAY CONTAIN SOY AND SESAME**

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin]

Hellmann's Classic Ranch Dressing – water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium edta. **CONTAINS: SOY**

Hellmann's Mayo Lite - WATER, CANOLA OIL, MODIFIED CORN & POTATO STARCH, LIQUID WHOLE EGG, SUGAR, SALT, VINEGAR, CONCENTRATED LEMON JUICE, SORBIC ACID (MAINTAINS QUALITY), SPICES, NATURAL COLOUR, NATURAL FLAVOUR, CALCIUM DISODIUM EDTA (MAINTAINS FLAVOUR). **CONTAINS: EGG**

Creamy Pasta Salad

Italpasta Rotini- Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italpasta Whole Wheat Rotini Noodle- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Hellmann's Classic Ranch Dressing – water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium edta. **CONTAINS: SOY**

Hellmann's Mayo Lite WATER, CANOLA OIL, MODIFIED CORN & POTATO STARCH, LIQUID WHOLE EGG, SUGAR, SALT, VINEGAR, CONCENTRATED LEMON JUICE, SORBIC ACID (MAINTAINS QUALITY), SPICES, NATURAL COLOUR, NATURAL FLAVOUR, CALCIUM DISODIUM EDTA (MAINTAINS FLAVOUR). **CONTAINS: EGG**

Fresh Tomatoes

Spices: pepper. Onion powder

Veggie Puree – Carrot, celery, onions, red pepper, green pepper, spinach

Fiesta Pasta Salad

Italpasta Veg. Fusilli Tri-Color- 100% Canadian durum semolina with the addition of spinach and tomato powder. **Allergens:** Contains wheat. May contain eggs.

Taco Seasoning - Chili pepper, salt, maltodextrin, spice, onion powder, corn starch, yellow corn flour. Contains less than 2% of: partially hydrogenated soybean oil, silicon dioxide (anticaking agent), sunflower and/or cottonseed oil, natural flavor, ethoxyquin (preservative).

Hellmann's Mayo Lite - WATER, CANOLA OIL, MODIFIED CORN & POTATO STARCH, LIQUID WHOLE EGG, SUGAR, SALT, VINEGAR, CONCENTRATED LEMON JUICE, SORBIC ACID (MAINTAINS QUALITY), SPICES, NATURAL COLOUR, NATURAL FLAVOUR, CALCIUM DISODIUM EDTA (MAINTAINS FLAVOUR). **CONTAINS: EGG**

Mexicasa Mild Salsa - fresh diced tomatoes, fresh chopped assorted peppers, fresh diced onions, fresh chopped cilantro, salt, crushed garlic, assorted spices, citric acid, sodium metabisulfite, ascorbic acid, potassium sorbate, sodium benzoate.

Tomatoes Fresh, Corn

Fruit Cocktail (Pantry Shelf) - Diced Peaches, Diced Pears, Water, Grapes, Pineapple segments, sugar, cherries artificially coloured red. Citric Acid, Ascorbic Acid

Garlic Naan Bread

Richs Oval Flatbread 12"x5" - ENRICHED UNBLEACHED WHEAT FLOUR, WATER, WHOLE GRAIN WHOLE WHEAT FLOUR, SOYBEAN OIL, YEAST, SKIM MILK POWDER, SUGAR, OLIVE OIL, SALT, DRY SOURDOUGH OF RYE (FERMENTED RYE FLOUR, SALT), WHEAT STARCH, ENZYMES (AMYLASE, XYLANASE). **CONTAINS: WHEAT, MILK** **MAY CONTAIN SOY AND SESAME**

Becel Margarine - Canola and sunflower oils 74%, water, modified palm and palm kernel oils 6%, salt 1.8%, whey protein concentrate 1.4%, soy lecithin 0.2%, vegetable monoglycerides, potassium sorbate, vegetable colour, artificial flavour, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate (vitamin E).

Garlic Powder

Garden Salad

Iceberg Lettuce Chopped

Carrot, broccoli, tomato

Hellmann's Light Italian Dressing - Ingredients: WATER, SOYBEAN OIL, VINEGAR, CORN SYRUP, MALTODEXTRIN, SKIM MILK POWDER, SALT, POTASSIUM CHLORIDE, CELLULOSE GEL, GARLIC & ONION POWDER, SPICES & HERBS, DRIED GARLIC, DRIED RED BELL PEPPERS, CELLULOSE GUM, POTASSIUM SORBATE, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA, COLOUR **Contains: MILK, MUSTARD**

Garden Salad with microgreens from Green Farm NL

Iceberg Lettuce Chopped

Microgreen blend: broccoli, mustard, arugula, sunflower and radish

Carrot, broccoli, tomato

Hellmann's Light Italian Dressing - Ingredients: WATER, SOYBEAN OIL, VINEGAR, CORN SYRUP, MALTODEXTRIN, SKIM MILK POWDER, SALT, POTASSIUM CHLORIDE, CELLULOSE GEL, GARLIC & ONION POWDER, SPICES & HERBS, DRIED GARLIC, DRIED RED BELL PEPPERS, CELLULOSE GUM, POTASSIUM SORBATE, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA, COLOUR **Contains: MILK, MUSTARD**

BROOKSIDE INTERMEDIATE & JUNIPER RIDGE ONLY

Grilled Cheese Sandwich

Ben's Thick Slice White Bread - ENRICHED WHEAT FLOUR, WATER, GLUCOSE-FRUCTOSE/SUGAR, YEAST*, VEGETABLE OIL (CANOLA OR SOYBEAN), SALT, SOYBEAN FLOUR, VINEGAR, SODIUM STEAROYL-2-LACTYLATE, CALCIUM PROPIONATE, ACETYLATED TARTARIC ACID ESTERS OF MONO AND DIGLYCERIDES, MONOGLYCERIDES, SOYBEAN LECITHIN.

*ORDER MAY CHANGE **MAY CONTAIN SESAME**

Becel Margarine - Canola and sunflower oils 74%, water, modified palm and palm kernel oils 6%, salt 1.8%, whey protein concentrate 1.4%, soy lecithin 0.2%, vegetable monoglycerides, potassium sorbate, vegetable colour, artificial flavour, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate (vitamin E).

Shredded Cheese - Non-fat Cheddar Cheese Pasteurized Skim Milk and Milk. Salt, Yeast, Cheese Culture, Artificial Color, Natural Flavor, Enzymes, Vitamin A Palmitate, Potato Starch, Cellulose and Calcium Sulfate Added to Prevent Caking, Natamycin.

Goulash

Eastern Lean Ground Beef - 100% Lean Beef

Italpasta Macaroni Elbow - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italpasta Whole Wheat Macaroni Elbow- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italpasta Diced Tomatoes - tomato juice. May Contain calcium chloride and/or citric acid

Italpasta Spaghetti Sauce - pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated, vegetables (onion, garlic, basil, parsley) canola oil, citric acid) Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder]

Puréed Vegetables Carrots, red peppers, green peppers, onions, and celery, and Spinach

Roasted Herb Potatoes

Potatoes, vegetable oil (canola and/or soybean and/or cottonseed and or sunflower), sodium phosphate, dextrose. Salt, pepper and dried herbs.

Honey Garlic Meatballs

MacGregors Cooked Meatballs - Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavour. **(allergens: soy, wheat)**

Honey Garlic Sauce - WATER, SUGAR, PURE WHITE CANADA No 1 HONEY, MODIFIED CORN STARCH, NATURALLY BREWED SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GARLIC#, SALT, CITRIC ACID, NATURAL FLAVOUR, SODIUM BENZOATE (TO ENSURE FRESHNESS), NATURAL COLOUR.# DEHYDRATED

Ketchup Portions (Menu Brand)- Tomato paste, sugar/glucose-fructose, water, white vinegar, salt, seasoning.

Lasagna Bake

Italpasta Mafalda - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Eastern Lean Ground Beef - 100% Lean Beef

Italpasta Spaghetti Sauce - pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated, vegetables (onion, garlic, basil, parsley) canola oil, citric acid) Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder]

Italpasta Diced Tomatoes - tomato juice. May Contain calcium chloride and/or citric acid

Puréed Vegetables - Carrots, red peppers, green peppers, onions, and celery, and Spinach

Stella Shredded Mozza Cheese - Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin]

Spices: Italian seasoning, salt, pepper, garlic powder

Macaroni & Cheese

Trio cheese sauce-CORN MALTODEXTRIN, MODIFIED TAPIOCA AND CORN STARCHES, MODIFIED MILK INGREDIENTS, CHEDDAR CHEESE FLAVOURED POWDER (CONTAINS DEXTROSE, FLAVOUR [CHEDDAR CHEESE {MILK INGREDIENTS, CULTURES, SALT, ENZYMES}, SODIUM PHOSPHATE, FLAVOUR, SODIUM CITRATE, TOCOPHEROLS], MODIFIED MILK INGREDIENTS, SUGAR, CALCIUM CASEINATE, XANTHAN GUM, COLOUR [CONTAINS TARTRAZINE], SODIUM SILICO ALUMINATE), COCONUT, SOY AND SUNFLOWER OILS, CORN SYRUP SOLIDS, SALT, AUTOLYZED YEAST EXTRACT, MONO- AND DIGLYCERIDES, POTASSIUM PHOSPHATE, SOY LECITHIN, SILICON DIOXIDE, MUSTARD FLOUR, CITRIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE.MAY CONTAIN: SESAME, WHEAT AND SULPHITES MILK, SOY, MUSTARD

Italpasta Macaroni Elbow - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate **Italpasta Whole Wheat Macaroni Elbow**- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate **Cheese**- Non-fat Cheddar Cheese Pasteurized Skim Milk and Milk. Salt, Yeast, Cheese Culture, Artificial Color, Natural Flavor, Enzymes, Vitamin A Palmitate, Potato Starch, Cellulose and Calcium Sulfated, Natamycin.

Mashed Potatoes– **Potato, Salt, Becel Margarine** (Canola and sunflower oils 74%, water, modified palm and palm kernel oils 6%, salt 1.8%, whey protein concentrate 1.4%, soy lecithin 0.2%, vegetable monoglycerides, potassium sorbate, vegetable colour, artificial flavour, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate [vitamin E]), **1% milk**

Meatball Sub MacGregors Cooked Meatballs - Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavour. (**allergens:soy,wheat**)

Italpasta Spaghetti Sauce - pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated, vegetables (onion, garlic, basil, parsley) canola oil, citric acid) Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder]

Italpasta Pizza Sauce - Crushed tomatoes, water, Modified corn starch, sugar, salt, spices, garlic powder, citric acid

Puréed Vegetables - Carrots, red peppers, green peppers, onions, celery and spinach

Bens Hotdog buns- UNBLEACHED ENRICHED WHEAT FLOUR [WHEAT FLOUR, BARLEY MALT, NIACIN (VITAMIN B3), IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (VITAMIN B9)], WATER, CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, SALT, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: MONO & DIGLYCERIDES, ETHOXYLATED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, CALCIUM PEROXIDE, DATEM, ASCORBIC ACID, ENZYMES), CALCIUM PROPIONATE (TO RETAIN FRESHNESS), YEAST NUTRIENTS (CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE), SORBIC ACID, SUGAR, WHEAT STARCH,SOY LECITHIN.**CONTAINS:** Wheat, SoyL02-3 **MAY CONTAIN SESAME**

Stella Shredded Mozza Cheese- Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin]Pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, colour, cellulose, natamycin]

Spices: Italian seasoning, salt, pepper, garlic powder

Mediterranean Orzo

Italpasta Orzo- - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Hellmann's Light Italian Dressing - Ingredients: WATER, SOYBEAN OIL, VINEGAR, CORN SYRUP, MALTODEXTRIN, SKIM MILK POWDER,SALT, POTASSIUM CHLORIDE, CELLULOSE GEL, GARLIC & ONION POWDER, SPICES & HERBS, DRIEDGARLIC, DRIED RED BELL PEPPERS, CELLULOSE GUM, POTASSIUM SORBATE, XANTHAN GUM, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA, COLOUR **Contains: MILK, MUSTARD**

Vegetables – Cucumber, Tomatoes, Carrot

Mixed Veg - Cauliflower, broccoli, and carrots

Olymel Chicken Breast - Cooked diced chicken ½ in 100% white meat- **MAY CONTAIN: EGGS**

Pasta & Marinara Sauce

Italipasta Spaghetti Sauce- pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated, vegetables (onion, garlic, basil, parsley) canola oil, citric acid) Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder]

Italipasta Diced Tomatoes - tomato juice. May Contain calcium chloride and/or citric acid

Veggie Puree – Carrot, celery, onions, red pepper, green pepper, spinach

Spices: Italian seasoning, garlic powder, salt, pepper

Italipasta Whole Wheat Rotini Noodle- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italipasta Rotini- - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Pasta and Meatballs

Italipasta Spaghetti Sauce - pasta sauce (Crushed tomatoes, water, sugar, modified corn starch, salt, dehydrated, vegetables (onion, garlic, basil, parsley) canola oil, citric acid) Vegetable Puree [carrot, celery, onions, red peppers, green peppers, salt, pepper, garlic powder, onion powder]

Italipasta Whole Wheat Rotini Noodle- Durum Whole Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

Italipasta Rotini- - Durum Wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate

MacGregors Cooked Meatballs - Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavour. (**allergens: soy, wheat**)

Veggie Puree – Carrot, celery, onions, red pepper, green pepper, spinach

Spices: Italian seasoning, garlic powder, salt, pepper

Peaches Diced (Pantry Shelf) - Peaches, water, sugar, citric acid, ascorbic acid

Pears Diced (Pantry Shelf) - Pears, water, sugar

Pineapple Tidbits (Pantry Shelf) - Pineapple, Pineapple Juice, and citric acid

Sultana Raisins- Sundried sultana raisins, cottonseed oil.

Sweet & Sour Meatballs

MacGregors Cooked Meatballs - Beef, water, toasted wheat crumb, soy protein, salt, spices, sugar, onion powder, garlic powder, flavour.

ED Smith Sweet & Sour - WATER, SUGAR, PURE WHITE CANADA No 1 HONEY, MODIFIED CORN STARCH, NATURALLY BREWED SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), GARLIC#, SALT, CITRIC ACID, NATURAL FLAVOUR, SODIUM BENZOATE (TO ENSURE FRESHNESS), NATURAL COLOUR.

Tossed Salad

Iceberg Lettuce Chopped

Hellmann's Classic Ranch Dressing – water, soybean oil, sugar, salt, vinegar, buttermilk powder, modified corn starch, onion powder, garlic powder, xanthan gum, natural flavour, phosphoric acid, sorbic acid, polysorbate 60, spice, lemon juice concentrate, propylene glycol alginate, yeast extract, parsley, calcium disodium edta. **CONTAINS: SOY, Milk**

Shredded Cheese - Non-fat Cheddar Cheese Pasteurized Skim Milk and Milk. Salt, Yeast, Cheese Culture, Artificial Color, Natural Flavor, Enzymes, Vitamin A Palmitate, Potato Starch, Cellulose and Calcium Sulfate Added to Prevent Caking, Natamycin

Fresh Diced Veggies – Cucumber, Tomato

Mandarin Oranges (Pantry Shelf)- Mandarin Orange segments, water, sugar, citric acid

Tropical Fruit Salad (Pantry Shelf) – Pineapple, red papaya, yellow papaya, guava, water, sugar, passion fruit, citric acid.

Kellogg's Pancakes

WATER, WHEAT FLOUR (BARLEY), GLUCOSE-FRUCTOSE, VEGETABLE OIL, BAKING POWDER, SALT, DRIED WHOLE EGG, MILK INGREDIENTS.

CONTAINS WHEAT, BARLEY, EGG, AND MILK INGREDIENTS

Kellogg's Waffles

Kellogg's Eggo Waffle Reg - WATER, WHEAT FLOUR, VEGETABLE AND PALM OIL SHORTENING, WHOLE EGG, BAKING POWDER, SUGAR, SALT, VEGETABLE OIL, MODIFIED MILK INGREDIENTS, COLOUR, SOY LECITHIN. **CONTAINS WHEAT, EGG, MILK AND Soy**

Pearl Mills Light Syrup

High Fructose Corn Syrup, Water, Cellulose Gum, Salt. Natural and Artificial Flavors, Caramel Color, Sorbic Acid and Sodium Benzoate (Preservatives) Sodium Hexametaphosphate.

Whole Grain Rice

Uncle Bens Whole Grain Brown Rice - Whole Grain parboiled Brown rice- Enriched long grain parboiled rice [long grain rice, iron (ferric orthophosphate), thiamin (thiamine mononitrate) and folate (folic acid)]

Yogurt Raisins - Ingredients: Natural California Raisins, Yogurt Coating (Sugar, Partially Hydrogenated Palm Kernel Oil, Non-fat Milk Powder, Yogurt Powder, Whey, Titanium Dioxide, Soy Lecithin, Vanilla, Confectioners Glaze, Corn Syrup, Dextrin, and Maltodextrin **May contain tree nuts**
ST. TERESA'S ONLY