



2023 Conference Lunch Ingredients/Allergens

Standard Lunch

Herb de Provence Chicken – Chicken breast with herbs

- **Pilgrim Supertrim Chicken Breast**
- **Canola Oil Bucket**
 - Canola Oil, Tbhq (Antioxidants), Citric Acid (Antioxidants), Dimethylpolysiloxane (Anti-Foaming Agent)
- **BDA Italian Seasoning**
 - Marjoram, Oregano, Thyme Rosemary, Savory Basil and Sage
- **D'allas Herbes De Provence**
 - Rosemary, Marjoram, Thyme, Sage, Anise Seed, Savory, and Lavender
- **Salt Rounds**
 - Salt, Calcium Silicate, Dextrose, Potassium Iodide
- **BDA Pepper Black Ground**
 - Piper Nigrum, L

Pasta Salad – Cheese tortellini, Sun Dried tomatoes, Italian Dressing

- **Tortellini Salad**
 - Tri Color Tortellini (Dough Mixture: Enriched Semolina Flour (Semolina Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid)), Water, Spinach Powder, Paprika, Eggs, Turmeric, Filling: Ricotta Cheese (Whey, Pasteurized Whole Milk, Skim Milk, Vinegar, Salt), Romano Cheese (Pasteurized Cow's/sheep's Milk, Cheese Culture, Salt), Cracker Meal (Enriched Wheat Flour (Niacin, Ferrous Sulfate, Thiamine

Mononitrate, Riboflavin, Folic Acid), Soybean Oil) Potato Flakes (Dehydrated Potatoes, Mono and Diglycerides (Preserved With: Sodium Acid Pyrophosphate, Sodium Bisulfite and Citric Acid)), Salt, Garlic, Spices), Golden Italian Dressing Gal (Soybean Oil, Vinegar, Water, High Fructose Corn Syrup, Salt, Contains Less Than 2% of: Garlic, Xanthan Gum, Onion, Red Bell Pepper, Spices, Lemon Juice Concentrate, Dextrose, Beta Carotene, Paprika), Parmesan Cheese ((Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (to Prevent Caking)), Sun Dried Tomato(Sun Dried Tomatoes (Naturally Dried), Water, Sulphur Dioxide, Citric Acid, Glucose), Fresh Basil

- **Allergens:** Soy, Wheat, Eggs, Milk

Mixed Berry Cup – Strawberries and Blueberries

- **FG Cut Strawberries**
 - **Blueberries**
-

Alternate Lunch (Vegan & Gluten Free)

Veggie Wrap – Hummus, Zucchini, Bell Pepper and Eggplant

- GF Wrap Water, Tapioca Starch, Rice Flour, Soybean Flour, Dextrose, Soybean Oil, Potato Starch, Chia Flour, Yeast, Contains 2% or Less of: Xanthan Gum, Salt, Rice Starch, Corn Dextrin, Polyglycerol Esters of Fatty Acids, Mono and Diglycerides, Fumaric Acid, Calcium Propionate, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Inulin, Cellulose Gum, Guar Gum, Sodium Bicarbonate), Squash (Yellow Squash, Cooking Spray (Canola Oil, Grain Alcohol From Corn (Added for Clarity), Lecithin, From Soybeans (Prevents Sticking), and Propellant), Black Pepper, Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Granulated Garlic, Paprika), Green Zucchini (Green Zucchini, Cooking Spray (Canola Oil,

Grain Alcohol From Corn (Added for Clarity), Lecithin, From Soybeans (Prevents Sticking), and Propellant), Salt (Salt, Calcium Silicate, Dextrose, Potassium Iodide), Granulated Garlic, Paprika), Roasted Eggplant (Eggplant, Salt, Pepper, Canola Oil (Canola Oil, TBHQ (Antioxidants), Citric Acid (Antioxidants), Dimethylpolysiloxane (Anti-foaming Agent))), Roasted Red Bell Pepper (Red Bell Pepper, Salt, Pepper, Canola Oil (Canola Oil, TBHQ (Antioxidants), Citric Acid (Antioxidants), Dimethylpolysiloxane (Anti-foaming Agent))), Hummus (Chickpeas, Sesame Paste, Sunflower Oil, Water, Salt, Sugar, Garlic, Pepper, Citric Acid)

Garden Salad – Lettuce, tomatoes, cucumber, carrots, red wine vinaigrette

- **Arcadian Mix**
 - Red Oak, Green Oak, Red Tango, Green Tango
- **Sliced Cucumbers**
 - Cucumber
- **Shredded Carrots**
 - Carrots
- **Red Grape Tomato**
- **Girard's Red Wine Vinaigrette**
 - Water, Inverted Sugar, Red Wine Vinegar, Salt, Less Than 2% of: Dehydrated Garlic, Dehydrated Red Bell Pepper, Spices, Sugar, Xanthan Gum

Mixed Berry Cup – Strawberries and Blueberries

- **FG Cut Strawberries**
- **Blueberries**