

Momma's Allergen Chart

Description	Egg	Milk	Fish	Allergen Shellfish	Peanut	Tree Nut	Soy	Wheat	Gluten	None
DAIRY										
AMERICAN CHEESE		x					x			
SMOKED CHEDDAR CHEESE		x								
SHREDDED CHEDDAR CHEESE		x								
CREAM CHEESE		x								
FETA CHEESE		x								
MOZZARELLA CHEESE		x								
MUENSTER CHEESE		x								
SHREDDED PARMESAN CHEESE		x								
PEPPER JACK CHEESE		x								
PROVOLONE CHEESE		x								
SWISS CHEESE		x								
HALF & HALF CREAMER		x								
HARDBOILED CHOPPED EGG	x									
HARDBOILED WHOLE EGG W/ SHELL	x									
HARDBOILED WHOLE EGG PEELED	x									
PRE-COOKED SCRAMBLED EGGS	x	x					x			
INDIVIDUAL BOTTLED 2% MILK		x								
2% MILK		x								
MEATS										
CORNED BEEF							x			
PASTRAMI							x			
ROAST BEEF							x			
BOLOGNA										x
HAM							x			
PEPPERONI										x
SALAMI										x
SAUSAGE LINK										x
SAUSAGE PATTY										x
POULTRY										
CHICKEN BREAST										x
SMOKED TURKEY							x			
PAN ROASTED TURKEY							x			
CAJUN TURKEY							x			
BREAD										
WHITE SEEDED HOAGIE							x	x	x	
HONEY WHEAT BUN	x						x	x	x	
SOURDOUGH						x	x	x	x	
JEWISH RYE						x	x	x	x	
SLICED WHITE BREAD							x	x	x	
PITA							x	x	x	
BAGEL						x	x	x	x	
WHEAT WRAP							x	x	x	
FROZEN										
MIXED BERRIES										x
CHOCOLATE BROWNIE	x					x	x	x	x	
SOUTHERN BISCUITS		x						x	x	
CHOCOLATE CHIP COOKIE	x	x					x	x	x	
CINNAMON ROLL		x						x	x	
SAUSAGE GRAVY	x	x					x	x	x	
VEGGIE BURGER		x					x	x	x	
SNICKERS PIE		x			x		x	x	x	
BUTTERFINGER PIE		x			x		x	x	x	
OREO PIE	x	x					x	x	x	
HOAGIE ROLL (FOR COLD CUT CATERING)							x	x	x	
SANTA FE BLACK BEAN SOUP							x			
BROCCOLI CHEESE SOUP		x					x			
BROCCOLI GOLD CHEESE SOUP		x					x			
BAJA CHICKEN ENCHILADA SOUP		x					x			
CHICKEN NOODLE SOUP	x						x	x	x	
SYSCO CLASSIC CHICKEN NOODLE SOUP	x						x	x	x	
CONCENTRATED CHICKEN NOODLE SOUP	x						x	x	x	
CHICKEN N' DUMPLING SOUP	x	x					x	x	x	
BOSTON CLAM CHOWDER	x	x	x				x	x	x	
PILGRIM CORN CHOWDER							x			
CREAM OF BROCCOLI		x					x	x	x	
CREAM OF POTATO		x					x	x	x	
FRENCH ONION SOUP							x	x	x	
GARDEN VEGETABLE W/ PASTA	x	x						x	x	
SAUSAGE & CHICKEN GUMBO							x			
ITALIAN WEDDING SOUP		x					x	x	x	
MINSTRONE SOUP	x	x					x	x	x	
POTATO W/ BACON SOUP	x	x					x	x	x	
SOUP POTATO WITH BAC RTU		x					x	x	x	
CREAMY TOMATO BASIL BISQUE		x						x	x	
MEXICAN TORTILLA SOUP		x					x			
VEGETABLE BEEF SOUP								x	x	
VEGETABLE BEEF W/ BARLEY				x			x	x	x	
FIRE ROASTED VEGETABLE							x	x	x	
LUMBERJACK VEGETABLE							x	x	x	
VEGETARIAN VEGETABLE							x	x	x	
TOMATO FLORENTINE	x	x	x				x	x	x	
TOMATO TORTELLINI	x	x						x	x	
WHITE CHICKEN CHILI		x					x			
WILD RICE W/ CHICKEN		x					x	x	x	
WISCONSIN CHEESE		x					x	x	x	

