

Menu Item	Egg	Gluten	Sugar
Breakfast Pastries	✓	✓	✓
Bagels	Possible	✓	Some
Scrambled Eggs w/ Cheese	✓	-	-
Bacon	-	-	-
Biscuits & Sausage Gravy	✓	✓	Some
Breakfast Potatoes	-	Possible	Possible
Fruit Yogurt	Possible	-	✓
Seasonal Fruit	-	-	-
Cereals (assorted)	Possible	✓	✓
Juices	-	-	✓
Chicken & Corn Chowder	Possible	✓	Some
Macaroni Salad	✓	✓	Some
Garden Salad	-	Croutons	Dressing
Fried Chicken	✓	✓	Small
Fried Whitefish	✓	✓	Small
Green Beans Almondine	-	-	-
Three-Cheese Macaroni	Possible	✓	Some
Apple Crumb Cobbler	✓	✓	✓
New England Clam Chowder	Possible	✓	Some
Arcadian Salad	Dressing	Croutons	Dressing
Braised Short Ribs	-	Possible	Possible
Seared Salmon (balsamic)	-	Possible	✓
Asparagus (lemon butter)	-	Possible	Small
Whipped Sweet Potatoes	-	-	✓
NY Cheesecake	✓	✓	✓