

South - Dinner Items

| Menu Item | FODMAP Ingredients to be Aware of |
|--------------------------|--|
| Ancho Bean Stew | Onion Carrot Celery Black Beans Kidney Beans Garlic |
| Ancho Chicken Breast | Garlic Onion Vegetable Bouillon Trattoria |
| BBQ Ribs | Garlic Powder Onion Powder Onion Garlic BBQ Sauce |
| Beef Stew | Onion Celery Mushrooms Beef Bouillon |
| Beef Teriyaki | Garlic Sambal Beef Bouillon |
| Black Bean & Quinoa Cake | Black Beans Onion Garlic |
| Black Bean Fajita | White Onion Black Beans Garlic Flour Tortilla |
| Blackened Haddock | Onion Garlic Vegetable Bouillon |

Bruschetta Chicken

Garlic
Onion
Vegetable Bouillon

Butternut Squash Risotto Cake

Onion
Garlic
Butternut Squash
Edamame
Vegetable Bouillon

Cajun Pork Loin

Garlic
Onion
Chicken Bouillon
Trattoria

Chalet Chicken

Onion
Garlic
Vegetable Bouillon
Trattoria

Chicken Parmesan

Flour
Panko Bread Crumbs
Trattoria

Fish Parisenne

Flour
Onion
Garlic
Trattoria
Vegetable Bouillon

Fried Tofu Nasi Gorneg

Onion
Mushrooms
Garlic

Green Lentil & Mushroom Stew

Onion
Celery
Mushrooms
Sweet Potato
Green Lentils
Vegetable Bouillon
Garlic

Trattoria

Grilled Sesame Ginger Tofu

Garlic
Onion
Vegetable Bouillon

Grilled Vegetable & Grain Salad

Onion
Edmame
Garlic

Herb Crusted Pork Loin

Garlic
Onion
Chicken Bouillon

Lemon & Garlic Grilled Tofu

Garlic
Onion
Vegetable Bouillon

Lemon Pan Fried Fish

Flour
Onion
Garlic
Vegetable Bouillon

Mixed Bean Gumbo

Onion
Celery
Bean Medley
Garlic

Mushroom Lentil Cakes

Onion
Garlic
Mushrooms
Green Lentils
Vegetable Bouillon
Trattoria

NY Steak

Onion
Garlic
Beef Bouillon
Montreal Steak Spice

Orange Ginger Beef

Onion
Celery

Mushrooms
Beef Bouillon
Orange Juice

Roast Beef with Gravy

Onion
Garlic
Montreal Steak Spice
Beef Bouillon
Milk
Flour

Roast Chicken with Mushroom Sauce

Garlic
Onion
Mushrooms
Vegetable Bouillon
Cream

Roast Pork Loin with Carmelized Apple Jus

Onion
Garlic
Apples
Chicken Bouillon

Roast Turkey with Stuffing

Chicken Bouillon
Flour
Onion
Celery
Garlic
Bread
Multigrain

Sesame Ginger Haddock

Onion
Garlic
Vegetable Bouillon

Shepard's Pie

Onion
Peas
Beef Bouillon
Flour
Cream

Southwest Bean Chili

Onion
Celery

Bean Medley
Trattoria

Stuffed Chicken Breast (Broccoli & Cheddar) Flour
Panko Bread Crumbs
Onion
Garlic
Broccoli
Cream Cheese
Bread Crumbs

Stuffed Peppers Onion
Garlic
Trattoria

Sweet Potato, Kale & Quinoa Polenta Onion
Garlic
Sweet Potato
Edamame
Vegetable Bouillon

Teriyaki Tofu & Vegetable Stew Onion
Celery
Vegetable Bouillon
Garlic
Teriyaki Sauce

Thai Green Curry Chicken Breast Garlic
Sambal
Green Thai Curry Paste

Tuscan Kale & Chickpea Stew Onion
Garlic
Vegetable Bouillon
Chickpeas

UoG Honey & Mustard Roast Chicken UoG Honey
Onion
Garlic
Vegetable Bouillon

Vegan Crab Cake Onion

Garlic

Scalloped Potatoes

Onion

White Sauce

Mashed Potatoes

Cream