

# South - Lunch Items

| Menu Item | FODMAP Ingredients to be Aware of |
|-----------|-----------------------------------|
|-----------|-----------------------------------|

|           |   |
|-----------|---|
| Aloo Gobi | Onion<br>Garlic<br>Cauliflower<br>Chickpeas |
|-----------|---|

|                               |  |
|-------------------------------|--|
| Black Bean Burger on a Kaiser | Black Beans<br>Quinoa<br>Onion<br>Garlic |
|-------------------------------|--|

|              |   |
|--------------|---|
| Bean Buritto | Onion<br>Garlic<br>Black Beans<br>Salsa<br>Tortilla |
|--------------|---|

|              |   |
|--------------|---|
| Beef Buritto | Onion<br>Garlic<br>Black Beans<br>Salsa<br>Tortilla |
|--------------|---|

|                |                                       |
|----------------|---------------------------------------|
| Butter Chicken | Onion<br>Garlic<br>Cream<br>Trattoria |
|----------------|---------------------------------------|

|               |  |
|---------------|--|
| Channa Masala | Chickpeas<br>Onion<br>Garlic<br>Trattoria<br>Cream |
|---------------|--|

|              |       |
|--------------|-------|
| Chicken Club | Bread |
|--------------|-------|

|                |                         |
|----------------|-------------------------|
| Chicken Fajita | Onion<br>Flour Tortilla |
|----------------|-------------------------|

|                              |        |
|------------------------------|--------|
| Chicken Sandwich w/ SDT Mayo | Kaiser |
|------------------------------|--------|

Garlic  
Sundried Tomatoes

Chicken Souvlaki Garlic

Chickpea Stew Onion  
Celery  
Garlic  
Vegetable Bouillon  
Chickpeas

Chickpea & Vegetable Roti Onion  
Garlic  
Cauliflower  
Chickeas  
Pita

Fish & Chips Batter Mix  
Relish

Jerk Chicken Breast Garlic  
Vegetable Bouillon  
Onion

Pepperanata Onion  
Garlic

Beef Pot Pie Onion  
Celery  
Peas  
Beef Bouillon  
Pastry Shell  
Patry Lid

Chicken Pot Pie Onion  
Celery  
Peas  
Chicken Bouillon  
Pasty Shell  
Pasty Lid

Vegetable Pot Pie Onion

Celery  
Peas  
Chickpeas  
Vegetable Bouillon  
Pastry Shell  
Pastry Lid

Pulled Pork on a Kaiser      Select BBQ Sauce  
Kaiser

Roast Peameal Sandwich      Kaiser

Sweet & Spicy Tofu      Onion  
Celery  
Sweet Potatoes  
Sweet & Spicy Sauce

Sweet Potato & Quinoa Chili      Onion  
Sweet Potatoes  
Garlic  
Quinoa  
Black Beans

Bean Taco      Onion  
Garlic  
Black Beans  
Salsa

Beef Taco      Onion  
Garlic  
Salsa

Fish Taco      Flour  
Panko Breadcrumb  
Mango  
Onion  
Garlic

TVP Taco      Onion  
Garlic  
Salsa

Thai Lentil & Mango Curry  
Onion  
Celery  
Mango  
Garlic  
Green Lentils  
Pad Thai Sauce

Thai Sweet Chili Chicken  
Onion  
Garlic  
Sweet and Spicy Sauce

Thai Tofu & Vegetable Stew  
Onion  
Mushrooms  
Sweet and Spicy Sauce

Tofu Fingers w/ Thai Dipping Sauce  
Flour  
Soy Milk  
Sweet and Spicy Sauce

Tuna Melt  
Bagel

Vegan Paella w/ Tofu  
Onion  
Celery  
Chopped Garlic

White Bean Stew  
Onion  
Celery  
Mushrooms  
White Beans  
Vegetable Bouillon