

South - Pastas

Menu Item	FODMAP Ingredients to be Aware of
Mac & Cheese	Macaroni White Sauce
Manicotti	Manicotti White Sauce
Meat Lasagna	Pasta Sheets Meat Sauce White Sauce
Penne w/ Meat	Penne Onions Garlic Trattoria
Ravioli	Ravioli Trattoria
Stuffed Shells	Shell Pasta Trattoria White Sauce
Totellini	Tortellini Trattoria
Vegetable Lasagna	Pasta Sheets Trattoria White Sauce Vegetables (possible onions)
White Sauce	Flour 2% Milk
Meat Sauce	Onion Garlic Trattoria