

C6 Mom's Kitchen

Menu Item	FODMAP Ingredients to be Aware of
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Beef Bourignonne	Onions Celery Sour cream Garlic Button Mushrooms Pearl onions
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Beef Kabobs	Onions Button mushrooms Garlic
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Beef Korma	Onions Garlic paste Beef bouillon Butter chicken sauce
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Beef Beef Pot Pies	Frozen peas Garlic Button mushrooms Flour Beef bouillon Onions Celery HP Sauce
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Beef Veg Stew	Celery HP sauce Garlic Button mushrooms Beef bouillon Onions
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Butter Chicken	35% cream Garlic ginger paste MDH butter chicken spice Onions Garlic
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Chipotle Chicken	Garlic
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Chicken A La King	Onions Celery Mushrooms Cream
Chicken Chasseur	Garlic Onions Mushrooms
Chicken Cutlets Lemon	Flour Bread crumbs
Chicken Kabobs	Onions Button mushrooms Garlic
Chicken Marseillaise	Onions Garlic Button mushrooms
Chicken Parmesean	Flour Bread crumbs Tomato sauce
Chicken Pot Pies	Onions Celery Frozen peas Garlic Chicken bouillon Pot pie shells Pot pie tops Flour
Chicken Provencale	Garlic Onions Mushroom
Chicken Teriyaki	Green onions Teriyaki sauce
Chicken Tetrizzini	Button mushrooms

Cream 35%
Onion

Chicken w/ Fine Herbs Tomato sauce

Garlic Rosemary Chicken Garlic
Onion
Tomato sauce

Grilled Steak Montreal seasoning
Onions
Mushrooms

Irish Lamb Steak Garlic
Beef Bouillon
Pearl Onions

Lamb Stew Garlic
Beef bouillon
Onions
Celery

Lemon Chicken Onions

Mediterranean Beef Olive Onions
Celery
Garlic

Mushroom Swiss Pork Onions
Button mushrooms
Montreal chicken seasoning
Garlic
Sour cream

Pananeng Beef Curry Garlic
Beef bouillon
Yellow curry paste

Pepper Pot Beef Celery
Garlic
Sambhal

Pork Chops w/ Peppers & Mushrooms
Garlic
Onions
Mushrooms
Montreal chicken seasoning

Pork Chops w/ Peppers & Mushrooms
Garlic
Onions
Mushrooms
Montreal chicken seasoning

Pork Goulash
Celery
Sauerkraut
Sour cream

Pork Mushroom Stew
Garlic
Onion
Button mushrooms
Frozen peas
Tomato sauce

Pork Parmesan
Flour
Bread crumbs
Tomato sauce

Quarter Chicken
Montreal chicken seasoning
Barbeque sauce

Roast Beef
Montreal beef seasoning
Onion
Garlic

Roast Sirloin
Celery
Onion
Montreal beef seasoning

Sausage & Peppers on Panini
Onions
Sausage
Garlic
Panini bun

Shaved Beef on Panini
Panini bun

Shepard's Pie
Celery
Garlic
Peas
Flour
Milk

Southern Fried Chicken
Buttermilk
Garlic
Onion
Flour

Swedish Meatballs
Onions
Celery
Sour cream
Garlic
Button mushrooms
Egg noodles

Swedish Meatballs
Onions
Celery
Sour cream
Garlic
Button mushrooms
Egg noodles

Tarragon Chicken
Onions
Garlic

Turkey A La King
Onions
Garlic
Celery
Mushrooms
Cream