

C6 Salad Bar

Menu Item	FODMAP Ingredients to be Aware of
7 Grain	7 grain Cranberries Celery Red onion Peas Corn kernals
Barley, Mushroom & Green Pea	Barley Button mushrooms Green peas Red onions Pesto Garlic
Beet Apple	Beets Apples Celery Red onion Balsamic vinegar
Broccoli & Bacon	Broccoli Red onion
Broccoli & Raisin	Broccoli Raisins Red onion
Cranberry & Raisin Couscous	Couscous Powdered chicken stock Celery Cranberries Raisins Almond slivers
Cucumber & Tomato Couscous	Couscous Powdered chicken stock
Greek	Red onion Greek salad dressing

Green Bean, Tofu & Sesame Oil

Red onions
Garlic

Jardiniere

Celery
Cauliflower
Broccoli
Red onion

Kale

Barley
Roasted butternut squash
Cranberries

Multi-Bean

7 Bean
Celery
Red onion

Pasta, Ham Chipotle

Penne
Red onion
Chipotle sauce

Potato & Egg

Red onion
Celery

Roasted Vegetable

Butternut squash
White onion
Sweet potato
Pesto
Garlic

Shrimp & Rice

Red onion
Sour cream

Sun-Dried Tomato Pasta w/ Chicken

Penne or bow tie pasta
Sun-dried tomatoes
Canned artichokes
Red onion
Renee's SunDried Tomato dressing
Garlic

Tex Mex Potato

Corn
Black beans

Celery
Red onions
Sour cream
Tex Mex spice

Tofu

Renee's Tangy Thai Sauce
Renee's Sesame Ginger Teriyaki

Tortellini

Tortellini
Red onion
Pesto

Tuna

Macaroni
Celery
Green onion
Sour cream