

Items Containing Soy

Note: Each of us must ultimately be responsible for what we choose to eat. We occasionally add new items and experience changes in some ingredients. Feel free to ask about the ingredients in any of our menu items.

1000 Island Dressing	Baked Ziti	Beef Pasty
100% Whole Grain Wheat Bread	Baked Ziti w/ Meatballs	Beef Pot Pie
Acorn Squash Bake w/ Almonds	Baklava	Beef Quesadillas
Acorn Squash w/ Peanut Rice	Banana Bread	Beef Sate
Almond Cookies	Banana Cake	Beef Stew
Almond Toffee Bars	Banana Chocolate Chip Cake	Beef Stock
American Cheese	Banana Chocolate Chip Cookies	Beef Stroganoff
Amish Chicken Breast	Banana Cranberry Muffins	Beef Taco Pizza
Anasazi Beef & Bean Soup	Banana Cream Pie	Beef Teriyaki
Apple Bread	Banana Frosting	Beef Traska
Apple Cinnamon Muffins	Banana Icebox Pudding	Beef Vegetable Soup
Apple Cobbler	Banana Muffins	Beef Vindaloo
Apple Cranberry Muffin	Banana Nut Bread	Beef w/ Yu-Xiang Sauce
Apple Cranberry Pie	Banana Nut Muffins	Better Morning Muffins
Apple Cream Sauce	Banana Sheet Cake	Biscuits
Apple Crisp	Banana Torte	Black Bean & Sausage Soup
Apple Oatmeal Muffins	Barley Pilaf	Black Bean Burger
Apple Orchard Herbal Tea	Basil Garlic Tofu	Black Bean Enchiladas
Apple Pie	BBQ Baked Beans	Black Bean Hummus Wrap
Apple Pecan Muffins	BBQ Beef Ribs	Black Bean Soup
Apple Rhubarb Dried Cherry Crisp	BBQ Beef Sandwich	Black Bean Tortilla Casserole
Apple Strudel	BBQ Chicken Drumsticks	Black Forest Cake
Aromatic Shan Style Pork	BBQ Chicken Pizza	Black Forest Torte
Asiago Cheese Bagel	BBQ Chicken Quesadillas	Block M Cookies
Asian Chicken Breast w/ Bean Sauce	BBQ Chicken Sandwich	BLT Pizza
Asian Chicken Salad	BBQ Ham & Pineapple Pizza	BLT Sandwich
Asian Chicken w/ Vegetables	BBQ Meatloaf	Blue Cheese, Bacon, & Green Onion Pizza
Asian Dipping Sauce	BBQ Pork Chops	Blue Cheese Dressing
Asian Greens	BBQ Pork Ribs	Blue Cornbread
Asian Rice Porridge	BBQ Pork Sandwich	Blueberry Buttermilk Pancakes
Asian Style Burger	BBQ Potato Chips	Blueberry Cobbler
Asparagus Spears	BBQ Ribs w/ Chimichurri Sauce	Blueberry Crisp
Assorted Bagels	BBQ Roast Beef	Blueberry Crumb Cake
Assorted Danishes	BBQ Sauce (all varieties)	Blueberry Morning Coffee Cake
Assorted Donuts (all varieties)	BBQ Turkey Drumsticks	Blueberry Muffins
Assorted French Rolls	Bean & Cheese Burrito	Blueberry Pancakes (all varieties)
Assorted Fried Cakes	Bean & Lentil Pie	Blueberry Pie
Assorted Herbal Tea Bags	Beef & Broccoli Stir Fry	Boston Cream Pie
Assorted Mini Scones	Beef & Cheddar Sandwich	Boxty
Assorted Pepperidge Farm Crackers	Beef & Julienne Vegetable Soup	Bread Crumbs (all varieties)
Assorted Scones	Beef & Mushroom Pizza	Bread Dressing
Assorted Tea Bags	Beef & Pea Pods Stir Fry	Bread Pudding
Au Gratin Potatoes	Beef Barley Soup	Bread Sticks
Au Jus Sauce	Beef Bulgogi	Breaded Catfish
Avocado Mayonnaise	Beef Burgundy	Breaded Catfish Strips
Bacon Bits	Beef Chili	Breakfast Burrito w/ Ham
Bacon, Egg & Cheese Biscuit	Beef Enchiladas	Breakfast Burrito w/ Sausage
Baked Acorn Squash w/ Honey	Beef Gravy	Breakfast Burrito w/ Vegetables
Baked Chicken	Beef Gumbo	Breakfast Pizza w/ Meat
Baked Pita Chips	Beef Mushroom Casserole	Broccoli & Cheese Quiche
Baked Plantains	Beef Mushroom Gravy	Broccoli & Tofu in Peanut Sauce
Baked Rotini	Beef Noodle Casserole	Broccoli Alfredo Pizza
Baked Spaghetti	Beef Noodle Soup	

Broccoli Cheddar Soup
 Broccoli Mushroom Linguini w/
 Edamame
 Broccoli Potato Casserole
 Broccoli Raisin Salad
 Buffalo Burger
 Buffalo Chicken Calzone
 Buffalo Chicken Pizza
 Buffalo Chicken Salad
 Buffalo Chicken Sandwich
 Buffalo Chicken Wings
 Buffalo Tofu Salad
 Buffalo Wings
 Buffalo Wrap
 Bulgur Stuffed Peppers
 Burger Crumble Taco Salad
 Burger Crumble Tacos
 Butter & Egg Dinner Roll
 Buttermilk Pancakes
 Butterscotch Brownies
 Butterscotch Chip Cookies
 Butterscotch Oatmeal Cookies
 Butter Spritz Cookies
 Caesar Dressing
 Caesar Salad
 Café Mocha Torte
 Cajun Chicken Breast
 Cajun Peanut Rice
 Cajun Shrimp & Pepper Pizza
 Cajun Tofu
 Cajun Tofu Pasta
 Cambodian Chicken Wrap
 Canadian Bacon, Egg & Cheese
 Biscuit
 Canadian Cheese Soup
 Canned Tuna
 Cannoli
 Cappuccino Chocolate Chip Muffins
 Cappuccino Chocolate Chunk
 Muffins
 Caramel Cheesecake
 Caramel Frosting
 Caramelized Onion & Chicken Pizza
 Carrot Cake w/ Pecans
 Carrot Torte w/ Pecans
 Cauliflower Au Gratin
 Cheddar Garlic Biscuits
 Cheese Bread
 Cheese Enchilada
 Cheese Grits
 Cheese Lasagna
 Cheese Omelet
 Cheese Pizza
 Cheese Quesadillas
 Cheese Sauce
 Cheese Sausage Breakfast Casserole
 Cheese Soufflé
 Cheese Strata

Cheese Stuffed Jalapenos
 Cheese Tortellini
 Cheeseburger Pizza
 Cheesecake
 Cheesy Garlic Bread
 Cherry Cobbler
 Cherry Crisp
 Cherry Pie
 Cherry Strudel
 Cherry Streusel Coffee Cake
 Chicken & Andouille Gumbo
 Chicken & Dumplings
 Chicken Adobo
 Chicken Arroz con Pollo
 Chicken Basil Calzone
 Chicken Breast Dakota
 Chicken Breast Dianne
 Chicken Breast Sandwich
 Chicken Broccoli Bake
 Chicken Caesar Salad
 Chicken Caesar Wrap
 Chicken Chimichangas
 Chicken Chipotle Wrap
 Chicken Cordon Bleu
 Chicken Dakota
 Chicken Dianne
 Chicken Dried Cherry Walnut Salad
 Chicken Drumsticks
 Chicken Dumplings
 Chicken Fettuccine con Pesto
 Chicken Fried Rice
 Chicken Fried Rice w/ Plantains
 Chicken Gravy
 Chicken Ground Nut Stew
 Chicken Gumbo
 Chicken Gyro
 Chicken Kabob
 Chicken Lo Mein
 Chicken Noodle Casserole
 Chicken Noodle Soup
 Chicken Nuggets
 Chicken Pad Thai w/ Peanuts
 Chicken Paprikash
 Chicken Parmesan
 Chicken Pasta Primavera
 Chicken Pasta Salad
 Chicken Patty Parmesan
 Chicken Pesto Sandwich
 Chicken Piccata
 Chicken Pot Pie
 Chicken Quesadillas
 Chicken Rice Soup
 Chicken Salad
 Chicken Schnitzel
 Chicken Shawarma
 Chicken Stir Fry
 Chicken Stock
 Chicken Thai w/ Peanuts Pizza

Chicken Tortellini Soup
 Chicken Tortilla Chili
 Chicken Vegetable Pasta
 Chicken Vegetable Soup
 Chicken Walnut Stir Fry
 Chicken Wild Rice Salad w/ Mixed
 Greens
 Chicken w/ Red Pepper Sauce
 Chili Relleno Casserole
 Chimichurri BBQ Sauce
 Chinese Beef Cold Plate
 Chinese Fortune Cookies
 Chinese Fruit Cake
 Chipotle Mayonnaise
 Chipotle Pork Roast w/ Caramelized
 Onions
 Choco-Banana Bowl
 Chocolate Bread Pudding
 Chocolate Brownie Pudding
 Chocolate Cake
 Chocolate Caramel Cake w/
 Walnuts
 Chocolate Chip Bagel
 Chocolate Chip Bars w/ Almonds
 Chocolate Chip Buttermilk Pancakes
 Chocolate Chip Cake
 Chocolate Chip Cheesecake
 Chocolate Chip Cookies (all
 varieties)
 Chocolate Chip Pancakes
 Chocolate Chocolate Chip Muffins
 Chocolate Cookie Cake
 Chocolate Cookie Crumbles
 Chocolate Cream Pie
 Chocolate Cupcakes
 Chocolate Frosting
 Chocolate Ganache
 Chocolate Glaze
 Chocolate Golden Torte
 Chocolate Hazelnut Ganache Torte
 Chocolate Ivory Torte
 Chocolate Layer Cake
 Chocolate Marble Torte
 Chocolate Mousse
 Chocolate Peanut Butter Chip
 Cookies
 Chocolate Peanut Butter Pie
 Chocolate Peanut Butter Squares
 Chocolate Pudding
 Chocolate Raspberry Mousse
 Chocolate Raspberry Torte
 Chocolate Sheet Cake
 Chocolate Soy Milk
 Chocolate Sprinkles
 Chocolate Torte
 Chocolate White Choc Chip Cookies
 Ciabatta Rolls
 Cinnamon Coffee Cake

Cinnamon Raisin Bread
 Cinnamon Rolls
 Cinnamon Streusel
 Cinnamon Sugar Cookies
 Cinnamon Sugar Sweet Potatoes
 Cinnamon Swirl Bread
 Cinnamon Swirl French Toast
 Cinnamon Toast Crunch
 Classic Veggie Burger
 Club Wheat Bread
 Cocktail Sauce
 Cocoa Krispies
 Cocoa Rice Krispies Treats
 Coconut Chews w/ Nuts
 Coconut Cream Pie
 Colcannon Soup
 Cold Roast Beef Sandwich
 Collard Greens
 Collard Greens w/ Smoked Ham
 Colored Frosting
 Combos – Nacho Pretzel, Pepperoni
 Pizza, Salsa varieties
 Con Queso Pizza
 Coney Island Pizza
 Coney Island Sauce
 Confetti Bars
 Cookie Crumble Cheesecake
 Cookie Crumble Pancakes
 Cookie Dough
 Cool Sesame Cucumber
 Corn & Crab Soup
 Corn Chowder
 Corn Dogs
 Corn Fritters
 Corn Muffins
 Cornbread
 Cornbread Apple Dressing
 Corned Beef & Swiss Ciabatta
 Sandwich
 Corned Beef & Swiss Sandwich
 Corned Beef Hash
 Cornflake Chicken
 Cottage Fries
 Country Milk Gravy
 Country Wheat Dinner Rolls
 Country White Dinner Rolls
 Couscous
 Couscous Jambalaya
 Couscous w/ Dried Fruit
 Cracked Wheat Bread
 Cracklin' Oat Bran
 Cranberry Apple Herbal Tea
 Cranberry Bagel
 Cranberry Chocolate Chip Cookies
 Cranberry Nut Muffins
 Cranberry Orange Muffins
 Cranberry Spinach Wrap
 Cream Cheese Stuffed Jalapeno

Cream of Asparagus Soup
 Cream of Broccoli Soup
 Cream of Cauliflower Soup
 Cream of Chicken Soup
 Cream of Mushroom Soup
 Cream of Potato Soup
 Cream of Tomato Soup
 Cream Puffs
 Cream Style Chicken Enchiladas
 Creamy Coleslaw
 Creamy Frosting
 Creamy Pesto Sauce
 Crispy Patty Parmesan
 Crispy Patty Sandwich
 Criss Cross Fries
 Croissants
 Croutons
 Cucumber & Onion Salad in
 Vinaigrette
 Cucumber & Tomato Salad
 Curried Lentils
 Custard Filled Paczki
 Dal
 Decorated Pumpkin Cookies
 Deli Italian Bread
 Deli Platter
 Deli Roast Beef
 Deli Rye Bread
 Deluxe Cheese Tray w/ Crackers
 Devil's Food Cake
 Diamond Cut Cod
 Diamond Cut Fish
 Dinner Rolls
 Domburi Broth
 Donuts
 Double Chocolate Mocha Brownies
 Double Chocolate Oatmeal Dreams
 Double Chocolate Torte
 Double Crusted Cherry Pie
 Drunk Man Noodles
 Dutch Apple Pie
 Dutch Blueberry Pie
 Dutch Cherry Pie
 Easy Stuffed Pork Chops
 Edamame
 Egg & Cheese Bagel
 Egg & Cheese Biscuit
 Egg & Cheese Croissant
 Egg Bagel
 Egg Curry
 Egg Drop Soup
 Egg Strips w/ Green Onions
 Eggplant Etouffee
 Eggplant Sandwich w/ Feta
 Eggs Benedict
 Eggs MacMichigan
 Eggs MacMichigan w/ Sausage
 El Cubano Sandwich

El Greco Pizza
 English Muffin French Toast
 English Muffins
 Espresso Brownies
 European Batard Multi Grain Bread
 European Beef Goulash Casserole
 Everything Bagel
 Falafel Sandwich
 Farmer's Omelet
 Fat Free Honey Dijon Dressing
 Fat Free Ranch Dressing
 Fat Free Sesame Dressing
 Fattoush Salad
 Fiesta Rice
 Fish Nuggets
 Fish Sandwich
 Fish Taco
 Flax & Grain Bread
 Florentine Dressing
 Florentine Meatballs
 Florida Style BBQ Beef Sandwich
 Flour Tortillas (all varieties)
 Fluffy Fruit Salad
 Fortune Cookies
 French Bread French Toast
 French Cheese Cake
 French Fries
 French Onion Soup
 French Hoagie Roll
 French Stagecoach Dressing
 French Toast Sticks
 Fresh Baked Scrod
 Fresh Berry Crepes
 Fresh Whipped Potatoes
 Fried Battered Mushrooms
 Fried Battered Onion Rings
 Fried Breaded Cauliflower
 Fried Clams
 Fried Eggs
 Fried Perch
 Frosted Flakes
 Fruit Drop Cookies
 Fudge Brownies
 Fudge Squares
 Garden Burger
 Garden Sandwich
 Garden Tortellini Pasta Salad
 Garlic Bagel
 Garlic Bread
 Garlic Butter Croutons
 Gazpacho
 General Tsao's Chicken
 Georgia Reuben
 Ginger Steamed Fish
 Glazed Baby Carrots
 Glazed Sweet Potatoes
 Golden Italian Dressing
 Golden Lemon Cake

Golden Lemon Frosting
Golden Torte
Graham Crackers
Grandma Shubert's Meatloaf
Granola w/ Nuts
Grape Nuts
Grecian Pita Folds
Greek Dressing
Greek Lemon Soup
Greek Moussaka Casserole
Greek Pizza
Greek Salad Wrap
Green Bean Casserole
Green Beans w/ Roasted Walnuts
Grilled Cheese
Grilled Cheese on Wheat
Grilled Ham & Cheese
Grilled Herbed Zucchini
Grilled Japanese Vegetables
Grilled Pork Chops
Grilled Portobella w/ Barley
Grilled Reuben
Grilled Tuna Melt
Grilled Turkey Club
Grilled Turkey Sandwich
Grilled Vegetable Pita
Grilled Waffles
Grilled Zucchini & Carrots
Griller
Ground Beef Quesadilla
Guadeloupe Chicken Salad
Halal Baked Chicken Nuggets
Ham & Cheese Omelet
Ham & Pineapple Pizza
Ham, Egg & Cheese Croissant
Hamburger Buns (all varieties)
Harvest Cobbler
Hash Browns
Hawaiian Chicken
Hearty Beef Soup
Hearty Vegetable Chowder
Herb Baked Chicken
Herbed Oyster Crackers
Herbed Potato Pizza
Hoagie Rolls
Hoisin Chicken
Hoisin Sauce
Home Fries
Homemade Refried Beans
Homemade Tortilla Chips
Honey BBQ Chicken Wings
Honey Bran Muffins
Honey Dijon Sauce
Honey Glazed Sweet Potatoes
Honey Oatmeal Cookies
Honey Wheat Bagel
Horseradish Sauce
Hot & Sour Soup

Hot & Spicy Stir Fry
Hot & Spicy Stir Fry Sauce
Hot Bacon Dressing
Hot Chocolate Mix/Powder
Hot Dog Buns (all varieties)
Hummus Tabbouleh Wrap
Hummus Veggie Wrap
Hunan Beef
Hungarian Goulash
Hush Puppies
Ice Cream Cones
Ice Cream Novelties
Ice Cream Sundae Bar
Iced Apple Slices
Iced Orange Cookies
Imitation Bacon Bits
Irish Chicken Stew
Irish Lamb Stew
Irish Vegetable Stew
Iron Mountain Beef Pasty
Island Torte
Italian Beef Minestrone
Italian Beef Steak Sandwich
Italian Calzone
Italian Herb Dressing
Italian Meatball Sandwich
Italian Meatloaf
Italian Meatloaf Sandwich
Italian Quiche
Italian Style Chicken Soup
Italian Sub
Italian Turkey Sub
Italian Twist Bread
Ivory Torte
Jalapeno Cheese Bagel
Japanese Burger Crumbles
Jerk Chicken
Jerk Tofu
Jerk Tofu w/ Vegetables
Joyua's Chumbo Chili
Jumbo Hot Dog
KC's Sunshine Pasta
Key Lime Cheesecake
Key Lime Squares
Khichri Indian Rice
Knot Rolls
Korean Bi Bim Bop
Korean Tofu BBQ
Korean Vegetable Pancakes
Koshari
Kung Pao Chicken w/ Peanuts
Kyoto Blend
Lamb Shawarma
Lasagna Florentine
Lasagna Rollups w/ Meat Sauce
Lava Cake
Le Fleur House Dressing
Lemon Baked Cod

Lemon Baked Tofu
Lemon Carrot Bisque
Lemon Cheesecake
Lemon Cookies
Lemon Cream Cake
Lemon Lift Herbal Tea
Lemon Meringue Pie
Lemon Pepper Chicken
Lemon Poppyseed Muffins
Lemon Torte
Lemonade Cake
Lentil Soup
Lentil Stew
Leprechaun Cake
Linguini Bandiera
Linguini Stroganoff
Lite Italian Dressing
London Broil
Loose Burger Sandwich
Low Fat Blueberry Muffins
Low Fat Cherry Muffin
Low Fat Peachy Lean
Low Fat Spinach Dip
Lyonnais Potatoes
M & M Cookies (all varieties)
M & M Rice Krispies Treats
Macaroni & Cheese
Macaroni & Three Cheeses
Macaroni Tuna Salad
Maize & Blue Cookies
Maize & Blue Rice Krispies Treats
Mandarin Greens Salad
Mandarin Spinach Salad
Maple Bagel
Maple Marinade
Maple Peach Upside Down Cake
Maple Pumpkin Cheesecake
Maple Pumpkin Cheesecake Bars
Maple Soy Salmon
Maple Soy Salmon Fillet
Marble Cake
Marble Cheesecake
Marble Torte
Margarine (all varieties)
Marinara Sauce (canned version, not homemade, ask server)
Marshmallow Glazed Sweet Potatoes
Mashed Sweet Potatoes
Matzo Casserole
Mayonnaise
Meat Lasagna
Meat Sauce
Meatballs (all varieties)
Mediterranean Lavash
Merk's Coffee Cake
Mexican Chocolate Streusel Cake
Mexican Mac & Cheese Casserole

Mexican Rice
Mexican Tomato Lime Soup
Mexican Wedding Cookies w/ Nuts
Michigan Bean Soup
Michigan Fruit Crisp
Midori Blend
Mini Shrimp Egg Rolls
Minnesota Wild Rice Soup
Mint Brownies
Mint Chocolate Chip Ice Cream
Miso Broth
Mississippi Mud Brownies
Mississippi Mud Cake
Mocha Cheesecake
Mocha Frosting
Mocha Pecan Pie
Mocha Truffle Cookies
Mohawk Inn Chowder
Molasses Cookies
Mole Sauce w/ Almonds
Mongolian Beef w/ Fried Noodles
Moo Shoo Chicken
Moo Shoo Shrimp
Moqueca de Peixe
Mostaccioli
Mozzarella Cheese Sticks
Multigrain Hamburger Buns
Multigrain Hoagie Roll
Mushroom & Brie Bisque
Mushroom & Potato Casserole
Mushroom a la King
Mushroom Barley Soup
Mushroom Bisque
Mushroom Nimono
Nacho Cheese Sauce
Nacho Corn Mexicali Soup
Nacho Pretzel Combos
Navy Bean Soup
New England Clam Chowder
Non-Dairy Creamer
Oat Bran Raisin Muffins
Oatmeal Blueberry Muffin
Oatmeal Raisin Cookies
O'Brien Potatoes
Onion Bagel
Onion Buns
Onion Dip
Open Face Turkey Melt
Orange Blossom Muffins
Orange Chocolate Chip Cookies
Orange Cookies
Orange Icing
Orange Rice
Onion Rings
Orange Spice Herbal Tea
Oreo Cookies
Oriental Chicken Soup
Oriental Vegetable Soup

Original Soy Milk
Oven Browned Potatoes
Oyster Crackers
Pacific Rim Pasta Salad
Paczki
Pad Thai Noodles w/ Peanuts
Pan Coating Spray
Pancakes
Parmesan & Green Onion Potatoes
Parmesan Crusted Fish
Parmesan Potato Soup
Parmesan Shrimp
Pasta Puttanesca
Pasta Toss w/ Tofu
Pasta w/ Burger Crumbles
Pastrami & Swiss on Ciabatta
Peach Cobbler
Peach Cobbler Pie
Peach Crisp
Peach Melba Cake
Peach Pie
Peach Strudel
Peanut Butter (all varieties)
Peanut Butter Chip Cookies
Peanut Butter Cookies
Peanut Butter Cup Cookies
Peanut Butter Puppy Chow
Peanut Sauce
Pecan Pie
Pecan Rolls
Penne & Three Cheese
Pennsylvania Dutch Chicken Soup
Pepper Pot Soup
Pepper Steak
Pepperoni Pizza Combos
Personal Cheese Lasagna
Personal Chicken Broccoli Bake
Personal Chicken Dianne
Personal Chicken Enchiladas
Personal Eggplant Parmesan Casserole
Personal European Beef Goulash Casserole
Personal Fresh Whipped Potatoes
Personal Greek Moussaka Casserole
Personal Lasagna Roll Casserole
Personal Meat Lasagna
Personal Mexican Mac & Cheese Casserole
Personal Mushroom & Potato Casserole
Personal Picadillo Casserole
Personal Pinata Casserole
Personal Portabella & Potato Casserole
Personal Potato & Chicken Casserole
Personal Rio Grande Casserole

Personal Spinach & Mushroom Enchiladas
Personal Tuna Noodle Casserole
Personal Turkey Fresca
Personal Tri Color Noodles
Personal Tri Color Noodles w/ Meat
Personal Vegan Stuffed Shells
Pesto Mayonnaise Dressing
Philippe Maison Dressing
Philly Apple Cream Pie
Philly Cheese Steak
Picadillo Casserole
Pie Shells
Pinata Casserole
Pineapple Upside Down Cake
Pinto Bean Dip
Pita Folds
Pizza (all varieties)
Pizza Dough (all varieties)
Plain Bagel
Platinum Blondies
Poached Chicken w/ Vegetable
Panache
Poor Boy Sandwich
Popcorn Shrimp
Poppy Bagel
Poppy Seed Dressing
Pork & Chicken Jambalaya
Pork Dakota
Pork Dumplings
Pork Fried Rice
Pork Gravy
Pork Roast
Pork Steamed Rice Pearls
Pork Villahermosa Wrap
Portabella & Potato Casserole
Portobella Mushroom Sandwich
Pot Roast w/ Savory Gravy
Potato & Chicken Casserole
Potato Cheese Pierogies
Potato Crusted Whitefish
Potato Curry
Potato Leek Soup
Potato Pancakes
Pound Cake
Pozole
Prairie Harvest Nut Muffins
Pretzel Rods
Pretzel Twists
Pub Style Fish
Pumpnickel Bread
Pumpkin Bread
Pumpkin Nut Muffins
Pumpkin Pie
Quiche Florentine
Quiche Lorraine
Quick Coffee Cake w/ Nuts
Quinoa Casserole

Rainbow Sprinkles	Scalloped Potatoes	Soy Roasted Tofu in Peanut Sauce
Raisin Bagel	Scalloped Potatoes & Ham	Soy Sauce
Raisin Bran Muffins	Scrambled Eggs	Spaghettios
Ranch Dip	Scrambled Egg Whites	Spanish Chicken w/ Rice
Ranch Dressing	Scrambled Tofu	Spatzel
Raspberry Cake	Seafood Newburg	Spicy Black Bean Burger
Raspberry Cream Pie	Seafood Primavera	Spicy Broccoli Pasta Salad
Raspberry Filled Paczki	Seafood Roll	Spicy Chicken
Raspberry Swirl Cheesecake	Seasonal Cookies	Spicy Chicken Pasta
Raspberry Truffle Brownies	Seasoned Croutons	Spicy Pork Quesadillas
Raspberry Vinaigrette	Seasoned Curly Fries	Spicy Soy Garlic Sauce
Red Cooked Pork	Seasoned Redskin Potatoes	Spinach & Mushroom Enchilada
Red Pepper & Fennel Soup	Sesame Bagel	Spinach Artichoke Dip
Remoulade Sauce	Sesame Bowtie Pasta Salad	Spinach Dip
Reuben Sandwich	Sesame Breadsticks	Spinach Feta Bagel
Rib Sandwich	Sesame Chicken Breast	Spinach Feta Quesadilla
Rice Krispies Candy Treats	Sesame Green Beans	Spinach Manicotti
Rice Krispies Cookies	Sesame Seed Buns	Spinach Palak
Rice Krispies Mix Treats	Shamrock Torte	Spinach Potato Feta Omelet
Rice Krispies Treats	Shells & Three Cheese	Spinach, Shitake & Tofu Soup
Rice Noodles w/ Tofu & Vegetable	Shepherd's Pie	Spinach Soufflé
Rice Pilaf	Shoestring Fries	Split Pea Soup
Rice w/ Black Bean Salsa	Shortcake Biscuits	Split Pea Soup w/ Ham Soup
Rio Grande Casserole	Shrimp & Andouille Gumbo	Split Top Wheat Bread
Rio Grande Casserole w/ Burger	Shrimp & Pork Stir Fry	Split Top White Bread
Crumbles	Shrimp & Vegetable Teriyaki	Sponge Cake
Rio Grande Salad	Shrimp Creole	Spumoni Ice Cream
Ritz Crackers	Shrimp Egg Rolls	Stagecoach French Dressing
Roasted Tempeh	Shrimp Fried Rice	Steak & Vegetable Stir Fry
Roast Beef & Cheddar Sandwich	Shrimp Linguini Bandiera	Steak Caesar Salad
Roast Beef Au Jus	Shrimp Parmesan	Steak Fries
Roast Beef Submarine Sandwich	Singapore Noodles	Stewed Black Eyed Peas
Roast Seitan w/ Stewed Vegetables	Singapore Noodles w/ Pork	Stir Fried Cabbage
Ruby Lentil Soup	Slider	Strawberry Bavarian Torte
Russian Beef Salad	Slider w/ Cheese	Strawberry Bread
Russian Dressing	Sloppy Joes	Strawberry Cheesecake
Russian Tofu Salad	Smart Dogs	Strawberry Cream Pie
Salad Dressing (Hellman's)	Smart Start	Strawberry Crepes
Salmon Caesar Salad	Smoked Salmon Chowder	Strawberry Layer Cake
Salmon Cakes	S'Mores	Strawberry Mousse
Salmon Chowder	S'Mores Bars	Strawberry Pancakes
Salmon Patties	Snicker Brownies w/ Peanuts	Strawberry Pie
Salsa Combos	Snickerdoodles	Strawberry Torte
Salt Bagel	Sole Almondine	Streusel Muffins
Saltines	Sopapilla	Stove Top Stuffing
Salty Snack Mix w/ Nuts	Sour Cream Coffee Cake w/ Nuts	Stuffed Cabbage w/ Burger
Sander's Hot Fudge Sauce	Sour Dough Bread	Crumbles
San Francisco Sour Dough Bread	Southern Fried Okra	Stuffed Tenderloin
Satay Style Peanut Chicken	Southern Pecan Pie	Succotash
Sauerbraten	Southwest Chicken Chili	Sugar Cookies
Sausage, Egg & Cheese Biscuit	Southwest Chicken Pie	Sunflower Seed Bread
Sausage Patties	Southwest Corn Cakes	Sunny Grain Bagel
Sautéed Mushrooms	Southwest Potato Salad	Swedish Meatballs
Sautéed Sugar Snap Peas	Southwest Rice	Sweet & Sour Chicken
Savory Baked Tofu	Southwestern Bean Soup	Sweet & Sour Pork
Savory Coleslaw w/ Apples	South American Rice	Sweet & Sour Sauce
Savory Rice	Soy Cheese (all varieties)	Sweet & Spicy Tofu
Scalloped Corn	Soy Milk (all varieties)	Sweet Dinner Rolls

Sweet Potato Fries
 Sweet Potato Pie
 Sweet Potato Salad
 Sweet Potatoes
 Sweet Snack Mix w/ Nuts
 Swiss Cheese Quiche
 Swiss Steak
 Szechwan Eggplant & Vegetables
 Szechwan Sole
 Taco Burger Crumbles
 Taco Shells
 Tamari Sauce
 Tangy Citrus Noodles
 Tartar Sauce
 Tator Tots
 Tempeh Stir Fry
 Teriyaki Chicken Breast
 Teriyaki Chicken Wings
 Teriyaki Chicken w/ Vegetables
 Teriyaki Sauce
 Texas Caesar Salad
 Texas French Toast
 Texas Sheet Cake
 Texas Style Beef
 Tex Mex Chili
 Thai Chicken Pizza w/ Peanuts
 Thai Hot & Sour Stir Fry w/ Peanuts
 Thai Peanut Pasta Salad
 Thai Peanut Pork w/ Rice
 Thai Sesame Noodles w/ Peanuts
 Thai Style Fried Rice
 Thai Tofu Curry
 Thai Vegetable Pizza
 Thai Vegetable Pizza w/ Peanuts
 Thousand Island Dressing
 Thumbprint Cookies w/ Nuts
 Tiramisu Torte
 Toffee Chocolate Chip Cookies
 Tofu
 Tofu Panang
 Tofu Stir Fry
 Tofu Triangles w/ Brown Rice
 Tofu Vegetable Pasta
 Tofu Vegetable Rice w/ Peanuts
 Tofu w/ Hoisin Sauce
 Toll House Cookies
 Toll House Cookie Bars
 Tomato Florentine Soup
 Tomato Herb Bagels
 Tomato Pizza Sauce
 Tomato Rice Soup
 Tomato Tofu Spinach Sauté
 Tortilla Chips (all varieties)
 Tortilla Crusted Tilapia
 Tri Color Noodles Casserole
 Tri Color Noodles w/ Meat
 Tri Color Tortilla Chips
 Triple Chocolate Cheesecake

Triple Chocolate & Vanilla
 Cheesecake
 Tritators
 Tuna
 Tuna Nicoise
 Tuna Noodle Casserole
 Tuna Salad
 Tuna Salad Stuffed Tomato
 Tunisian Greens w/ Peanuts
 Turkey a la King
 Turkey & Muenster Bagel
 Turkey & Swiss Sandwich
 Turkey & Swiss on Rye
 Turkey Bacon Club
 Turkey Burgers
 Turkey Chili
 Turkey Chipotle Wrap
 Turkey Club Wrap
 Turkey Cranberry Wrap
 Turkey Divan
 Turkey Fresca
 Turkey Gravy
 Turkey Grinder
 Turkey Noodle Soup
 Turkey Pot Pie
 Turkey Stew
 Turkey Tenderloin
 Turkey Tenderloin Dakota
 Turkey Tenderloin w/ Herb Butter
 Turkey Tetrazzini
 Turkey Vegetable Wrap
 Turkey Wrap
 Turkey White Bean Chili
 Turkey w/ Pasta & Red Peppers
 Turkey w/ Thyme Butter
 Twice Baked Potatoes
 Vanilla Cinnamon Bagel
 Vanilla Cream Chocolate Cups
 Vanilla Icing
 Vanilla Mousse
 Vanilla Soy Milk
 Vanilla Pudding
 Veal Parmesan
 Vegan Banana Muffin
 Vegan Banana Raisin Muffin
 Vegan Burger
 Vegan Burrito
 Vegan Calzone
 Vegan Chili
 Vegan Chili Cornbread Pie
 Vegan Fried Rice
 Vegan Granola
 Vegan Grilled Cheese
 Vegan Manicotti
 Vegan Oatmeal Raisin Cookies
 Vegan Pancakes
 Vegan Pizza
 Vegan Pizza w/ Vegetables

Vegan Pot Pie
 Vegan Ravioli
 Vegan Shepherd's Pie
 Vegan Stuffed Shells
 Vegan Subs by the Inch
 Vegan Sugar Cookie
 Vegan Tex Mex Chili
 Vegan Tomato Soup
 Vegan Tortellini
 Vegetable Cannelloni
 Vegetable Creole
 Vegetable Curry
 Vegetable Dumplings
 Vegetable Egg Rolls
 Vegetable Fried Rice
 Vegetable Gratin
 Vegetable Jambalaya
 Vegetable Kabob
 Vegetable Kabob w/ Tofu
 Vegetable Lo Mein
 Vegetable Paella
 Vegetable Macaroni & Cheese
 Vegetable Noodle Soup
 Vegetable Omelet
 Vegetable Pasty
 Vegetable Pot Pie
 Vegetable Quesadillas
 Vegetable Quiche
 Vegetable Rice Soup
 Vegetable Soup
 Vegetable Stew w/ Tofu
 Vegetable Stir Fry w/ Tofu
 Vegetable Stock
 Vegetable Tofu Lo Mein
 Vegetarian Bagel Deluxe
 Vegetarian Baked Spaghetti
 Vegetarian Borscht
 Vegetarian Breakfast Pizza
 Vegetarian Calzone
 Vegetarian "Chicken" Gravy
 Vegetarian Cobb Salad
 Vegetarian Eggs MacMichigan
 Vegetarian Empanadas
 Vegetarian Gumbo
 Vegetarian Gumbo
 Vegetarian Mexican Pizza
 Vegetarian Minestrone
 Vegetarian Mostaccioli
 Vegetarian Mushroom Sauce
 Vegetarian Refried Black Beans
 Vegetarian Submarine Sandwich
 Veggie Burger
 Vegimax Cheese "Steak"
 Venison Stew
 Vietnamese Chili Sauce
 Waldorf Salad w/ Walnuts
 Walnut Bars
 Walnut Layer Cake

Walnut Torte
Western Omelet
Wheat Lavash
Wheat Parker House Rolls
Wheat Tortillas
White Cake
Whipped Margarine
Whipped Potatoes
Whipped Topping
White Balsamic Vinegar Dressing
White Bread
White Chocolate Chip Cookies

White Chocolate Macadamia Nut
Cookies
White Lavash
White Parker House Rolls
Whole Wheat Flax French Toast
Whole Wheat Hamburger Buns
Whole Wheat Oat Bread
Whole Wheat w/ Oats French Toast
Wide Egg Noodles
Wild Mushroom Rice
Wild Mushroom Sauce
Wild Rice Blend

Wild Rice Pancakes
Wisconsin Reuben
Western Omelet
Wolverine Dressing
Wolverine Sauce
Wonton Chicken Soup
Yankee Pot Roast
Yellow Cake
Yellow Cupcakes
Yellow Rice
Yellow Sheet Cake
Zucchini Parmesan