Key: An X indicates which allergens the recipe contains

	Egg	Sesame	Peanut	Treenut	Soy	Shellfish	Wheat	Dairy
Breads								
Bagels							Χ	
Biscuits							Χ	Χ
Challah							X	
Cheese Crackers							Χ	Χ
Naan							Χ	
Oatmeal Bread							Χ	Χ
Pizza Dough							X	
Pizza Rolls							X	
Shredded Wheat Bread							X	
Soda Bread							Χ	Χ
Breakfasts								
Apple Cider Donuts							Х	
Banana Bread							X	
Cottage Toast							X	Х
Dessert for Breakfast?							Α	X
Maine Breakfast Grape-Nuts							Χ	X
Oatmeal							~	X
Pancakes							Χ	X
Pumpkin Bread							X	
Soy/Sunbutter Toast							X	
Tofu Breakfast Scramble					Χ			Х
Light Meals								
Apple Bean Salad								
Broccoli and Lentil Soup								
Cauliflower or Broccoli Soup							V	
Cheese and Crackers							X	X
Eggplant Sandwich							X	X
Grilled Cheese							Χ	X
Kohlrabi Soup								

Leek Soup		Х
Lentil and Sweet Potato Soup		
Pasta Salad	X	
Parmesan Peas		Χ
Pizza Melts	X	Χ
Spinach Potato Soup		Χ
Sweet Potato Quesidilla	Χ	Χ
Tuna Pizza Melts	X	Χ
Tuna Salad		
Wraps	X	
Entrees		
Baked Spaghetti Squash		Χ
Beans & Rice		
Bean Stuffed Cabbage Rolls		
Cabbage and Meat Casserole		
Calzone	X	Χ
Chili San Chili		
Eggplant Parmesan		Χ
Fried Rice X		
Kitchen Sink Potatoes		
Leek & Barley Casserole		
Lentils & Couscous	X	
Lentils & Potato Stirfry X	X	
Meatless Meatloaf		
Pizza	X	Χ
Prague Pasta Sauce	X	Χ
Stir-fry X	X	
Tofu Ratatouille X		
Turkey Pot Pie	X	Χ
Ziti Bake	X	Χ

## **Special Treats**

Beantown Bean Salad

Burrito Casserole	X	Χ
Chicken Cacciatore	X	
Chicken, Potatoes & Leeks		
Chicken with Mushrooms		
Fish with Spinach Rice		
Great Grandfather's Shepherds Pie		
Sneaky Mac&Cheese	X	Χ
Desserts		
Babovka	X	Χ
Caramel Popcorn		Χ
Maple Frosting		Χ
Pinwheel Jam Cookies	Χ	Х
Tillwireer Julii Cookies	^	= =
Sugar Cookies	X	X