



Local Restaurant Food Service - Allergen Matrix



All other Public Schools Branch schools and École Saint-Augustin.

Dish	Eggs	Milk	Mustard	Peanuts	Crustaceans and Molluscs	Fish	Sesame	Soy	Sulphites	Tree nuts	Wheat & Triticale
CHICKEN ALFREDO PASTA	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
MAC'N' CHEESE	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
HAM & CHEESE SNACK BOX	NO	YES	NO	NO	NO	NO	NO	NO	NO	NO	YES
HUMMUS, PITA & VEG SNACK BOX	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES
CHICKEN FRIED RICE	YES	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
VEGETABLE FRIED RICE	YES	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
PULLED PORK ROASTED POTATOES	NO	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO
VEGETARIAN CHILI ROASTED POTATOES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO
BEEF BURGER & HOME-MADE POTATO WEDGES	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES
VEGGIE BURGER & HOME-MADE POTATO WEDGES	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES

Please Note: This allergen matrix has been developed to reflect the Priority Allergens identified by the Government of Canada.

For more information see: <https://www.canada.ca/en/health-canada/services/food-allergies-intolerances/avoiding-allergens-food/allergen-labelling.html>



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Dish	Eggs	Milk	Mustard	Peanuts	Crustaceans and Molluscs	Fish	Sesame	Soy	Sulphites	Tree nuts	Wheat & Triticale
PASTA WITH MEAT SAUCE	NO	YES	NO	NO	NO	NO	NO	NO	YES	NO	YES
PASTA WITH TOMATO SAUCE	NO	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES
SWEET AND SOUR CHICKEN STIR FRY	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
SWEET AND SOUR TOFU STIR FRY	NO	NO	NO	NO	NO	NO	NO	YES	YES	NO	NO
ROAST TURKEY WITH MASHED POTATOES AND CARROTS	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO
VEGGIE MEATBALLS WITH MASHED POTATOES AND CARROTS	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	NO
BEEF CHILI WITH ROLL	NO	YES*	NO	NO	NO	NO	NO	NO	YES	NO	YES**
VEGETABLE CHILI WITH ROLL	NO	YES*	NO	NO	NO	NO	NO	NO	YES	NO	YES**
CHICKEN RANCH WRAP	NO	YES	YES	NO	NO	NO	NO	YES	YES	NO	YES
VEGETABLE AND CREAM CHEESE WRAP	NO	YES	NO	NO	NO	NO	NO	YES	YES	NO	YES

*butter served on the side **roll served on the side

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