

Menu Showing alternatives for people with dietary allergies/restrictions
Special diet requests must be made through group leader 30 days in advance.

DAY 1		
<p>Note: for people with severe or multiple allergies we have a refrigerator and microwave on the dining hall porch you can use if you bring your own food.</p> <p>Soy Allergies: We have limited menu selections for soy restricted diets. We cannot fully accommodate a 100% soy free diet.</p>	<p>Lunch Italian basil chicken wrap Macaroni salad Lettuce, tomato, cheese Fresh fruit Homemade cookie Water (sweet tea for adults) VEGETARIAN: black bean wrap GLUTEN FREE: chicken without wrap. Gluten free dessert. NO EGG, DAIRY: no cheese</p>	<p>Dinner Taco Salad (Seasoned ground turkey and corn tortilla chips) Mexican Rice Lettuce, tomato, cheese, fruit Ice cream Lemonade (sweet tea for adults) VEGETARIAN: Refried beans GLUTEN FREE: Ground turkey with gluten free seasoning. Gluten free dessert NO EGG, DAIRY: Taco salad without cheese and gluten free dessert</p>
DAY 2		
<p>Breakfast Eggs, biscuit, hash brown/grits Sausage links (pork*) Fruit Cereal and milk Orange or Apple Juice Coffee for Adults VEGETARIAN: No meat GLUTEN FREE: No biscuit, gluten free cereal NO EGG OR DAIRY: Rice milk *turkey sausage available</p>	<p>Lunch Hamburger (100% beef) Macaroni and Cheese Pickles, Lettuce, tomato, fresh fruit Homemade cookie Water (sweet tea for Adults) VEGETARIAN: Veggie patty GLUTEN FREE: burger with no bun. Gluten free dessert NO EGG, DAIRY: Dairy free dessert</p>	<p>Dinner Chicken parmesan Garlic bread stick Salad and fresh fruit Homemade banana pudding Lemonade (sweet tea for adults) VEGETARIAN: vegetarian chicken patty GLUTEN FREE: gluten free chicken patty. Gluten free dessert NO EGG, DAIRY: plain chicken. Dairy free dessert</p>
DAY 3		
<p>Breakfast Cinnamon French toast Bacon (Pork*) Fruit, Yogurt Cereal and milk Orange or Apple Juice Coffee for Adults VEGETARIAN: No meat GLUTEN FREE: GLUTEN FREE cereal and waffle NO EGG OR DAIRY: Gluten/dairy free waffles *turkey sausage available</p>	<p>Lunch *Sack Lunch Option* Turkey and Cheese Sandwich Chips, Cookies Bottled water Apples VEGETARIAN: Cheese sandwich GLUTEN FREE: GLUTEN FREE bread NO EGG, DAIRY: Sandwich w/o cheese</p>	<p><i>*those allergic to red dye will have water instead of lemonade</i></p> <p>*PEANUT/NUT ALLERGIES: only the homemade cookies and ice cream cannot be eaten. We have other desserts to serve</p> <p align="center">These menu items are subject to change with no prior notice.</p>

Please call or email with any questions: 912-786-5534 or burton4h@uga.edu