

# Thanksgiving Menu

## Carbohydrate Counts & Allergen List

ITEM	SERVING SIZE	CARBS (G)	WHEAT	GLUTEN	EGGS	MILK	SOY	Other Allergens
Turkey Roast	2 oz portion	0						Poultry
Turkey Gravy (homemade)	1/4 cup	4.41	X	X				Poultry, corn, rice
Chicken Gravy	1/4 cup	3	X	X	May Contain	X	X	Poultry
Sage Stuffing	1.33 oz (#24 disher or approx. 3 T)	16.95	X	X		X	Soy Oil	Rice, celery, corn
Mashed Potatoes	1/2 cup	14.5				X		sulfites
Green Beans	1/2 cup	4.16						
Cranberry Sauce	1 oz	8.64						
Dinner Roll	1 roll (1 1/2 oz.)	24.05	X	X			Soy Oil	Rice
Sweet Potato Cake w/ cream cheese frosting	1 piece (1/96 sheet)	38.99	X	X	X	X	Soy Oil	Cinnamon, pineapple, sweet potatoes

**OUR THANKSGIVING MENU DOES NOT CONTAIN PEANUTS, TREE NUTS, AND/OR FISH.**

X = Allergen Present

\* = Allergen not listed in ingredients, but processed in plant where allergens may be present.