

## Medieval Times Meals - Allergens - CANADA - 2021

Dinner Meal	
ITEM	ALLERGENS
Soup	ONION, GARLIC, DAIRY, SOY
Garlic Bread	DAIRY, SOY, GLUTEN, GARLIC (May contain traces of peanut / tree nuts)
Roasted Chicken	SOY, ONION, GARLIC
Herb Basted Potato	GARLIC
Sweet Buttered Corn	SOY
Vanilla-Cassis Ice Cream w/ Caramel Sauce	DAIRY, SOY

Dinner Gluten Free Meal	
ITEM	ALLERGENS
Soup	ONION, GARLIC, DAIRY, SOY
Hummus/Carrot/Celery	CHICKPEAS, SESAME, GARLIC, SOY - pita not served (May contain traces of peanut / tree nuts)
Roasted Chicken	SOY, ONION, GARLIC
Sweet Buttered Corn	SOY
Herb Basted Potato	GARLIC
Vanilla-Cassis Ice Cream w/ Caramel Sauce	DAIRY, SOY

Educational Matinee Meal	
ITEM	ALLERGENS
Garlic Bread	DAIRY, SOY, GLUTEN, GARLIC (May contain traces of peanut / tree nuts)
Roasted Chicken	SOY, ONION, GARLIC
Herb Basted Potato	GARLIC
Sweet Buttered Corn	SOY
Chocolate Chip Cookie	EGG, DAIRY, SOY, GLUTEN (May contain traces of peanut / tree nuts)

Dinner Vegetarian Meal	
ITEM	ALLERGENS
Hummus/Carrot/Celery	SOY, CHICKPEAS, SESAME, GARLIC (May contain traces of peanut / tree nuts)
Pita Bread	SOY, GLUTEN (May contain traces of peanut / tree nuts)
3-Bean Stew	ONION, LEEK, GARLIC, SOY
Sorbet	
<i>or</i>	
Fresh Fruit	

Educational Matinee Gluten Free Meal	
ITEM	ALLERGENS
Carrot / Celery Sticks	CHICKPEAS, SESAME, GARLIC, SOY - pita not served (May contain traces of peanut / tree nuts)
Roasted Chicken	SOY, ONION, GARLIC
Herb Basted Potato	GARLIC
Sweet Buttered Corn	SOY
Sorbet	
<i>or</i>	
Fresh Fruit	

Educational Matinee Vegetarian Meal	
ITEM	ALLERGENS
Garlic Bread	DAIRY, SOY, GLUTEN, GARLIC (May contain traces of peanut / tree nuts)
Pasta Salad	DAIRY, GLUTEN, EGGS, ONION, GARLIC, SOY (May also contain traces of peanut / tree nuts)
Fresh Melon Salad	
Sweet Buttered Corn	SOY
Herb Basted Potato	GARLIC
Sorbet	

Dinner Vegan	
ITEM	ALLERGENS
Hummus/Carrot/Celery	CHICKPEAS, SESAME, GARLIC, SOY (May contain traces of peanut / tree nuts)
Pita Bread	GLUTEN, SOY (May contain traces of peanut / tree nuts)
3-Bean Stew (potato, corn, rice)	ONION, LEEK, GARLIC, SOY
Sorbet	

Celebration Cake	
Celebration Cake	GLUTEN, EGG, DAIRY, SOY (May also contain traces of peanut / tree nuts)