

CENTRAL MASS ALLERGY & ASTHMA CARE

100 MLK, Jr. BLVD., 2ND FL.
WORCESTER, MA 01608

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48 AUBURN STREET
AUBURN, MA 01501

SAMPLE MENU ELIMINATING ALL MAJOR FOOD ALLERGENS

Breakfast: Calcium-fortified orange juice or enriched rice milk
Cooked plain oatmeal with sugar and cinnamon
Fruit salad made with apples, grapes, pears, and orange sections

Lunch: Hamburger with ground beef, lettuce, tomato, & milk-free/soy-free bun
French fries with catsup or baked potato with milk-free/soy-free margarine
Green salad made with lettuce, cucumber, tomato, and carrot curls
Homemade vinegar and oil dressing
Enriched rice milk
Banana or apple

Dinner: Baked chicken
White or brown rice
Mixed vegetables made with carrots, broccoli, cauliflower and zucchini
Milk-free/soy-free margarine
Canned peaches
Enriched rice milk

Snacks: Milk-free/peanut-free rice cakes
Milk-free/wheat-free corn or rice puffs
Fresh fruit (apple, banana, grapes)
Carrot and celery sticks
Applesauce
