




 Vegan	 Lacto-Ovo	 Omnivore	 Low/no Lard	 Low/no Fat	 No Gluten
Vegetables						
Leafy greens	✓	✓	✓	✓	✓	✓
Corn	✓	✓	✓	*	✓	✓
Onions	✓	✓	✓	✓	✓	✓
Tomatoes	✓	✓	✓	✓	✓	✓
Broccoli	✓	✓	✓	✓	✓	✓
Other vegetables	✓	✓	✓	✓	✓	✓
Fruit						
Bananas	✓	✓	✓	×	✓	✓
Apples & Pears	✓	✓	✓	×	✓	✓
Stone Fruits	✓	✓	✓	×	✓	✓
Citrus	✓	✓	✓	×	✓	✓
Berries	✓	✓	✓	✓	✓	✓
Starches						
Rice	✓	✓	✓	×	✓	✓
Couscous	✓	✓	✓	×	✓	×
Spaghetti	✓	✓	✓	×	✓	×
Egg Noodles	×	✓	✓	×	*	×
Bread	*	✓	✓	×	✓	×
Corn tortillas	✓	✓	✓	×	✓	✓
Potatoes	✓	✓	✓	×	✓	✓
Barley, Oats, Wheat	✓	✓	✓	×	✓	×
Protein						
Meat	×	×	✓	✓	*	✓
Beans & soy (tofu)	✓	✓	✓	*	✓	✓
Eggs	×	✓	✓	✓	×	✓
Poultry	×	×	✓	✓	*	✓
Seafood	×	×	✓	✓	*	✓
Nuts	✓	✓	✓	✓	×	✓
Dairy						
Milk	×	✓	✓	✓	*	✓
Butter	×	✓	✓	✓	×	✓
Cheese	×	✓	✓	✓	×	✓
Ice Cream	×	✓	✓	×	×	✓
Fats						
Olive oil	✓	✓	✓	✓	×	✓
Margarine	×	✓	✓	✓	×	✓
Lard	×	×	✓	✓	×	✓
Sweets						
Sugar	*	✓	✓	×	✓	✓
Honey	×	✓	✓	×	✓	✓
Gelatin	×	×	✓	✓	✓	✓
Cake & Cookies	×	✓	✓	×	*	×
Marshmallows	×	×	✓	×	✓	✓
Chocolate	×	✓	✓	×	*	✓
Fruit Pie	×	✓	✓	×	*	×

✓ safe to serve * case-by-case ✗ do not serve

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