



## LUNCH & introducing table foods at Margaret's House

We are proud to serve fresh lunches delivered by Foodlink each day here at Margaret's House. From the day after Labor Day until mid-May, the meals are **HOT** dishes with foods like beef chili, macaroni and cheese with chicken and veggies, Philly cheese steak, cheeseburger sliders, and more. Between May and the week before Labor Day, we receive **COLD** meals packaged individually, with foods like turkey sandwiches, taco pasta salad, chicken caesar wrap and more.

Foodlink is happy to serve all **pork-free** products, and meals made from scratch every day with whole fresh ingredients. Their professional chefs carefully craft nutritiously balanced meals for over 5,000 children in schools and child care centers in Monroe County each day.

The regular Foodlink menu is created around a 6 week rotational menu, meaning that it repeats itself every 6 weeks. Foodlink also provides vegetarian meals upon request, and for children with an allergy to egg, soy, or dairy, an allergy friendly meal. Those alternative meals are offered around a 1 week rotation, meaning that they repeat themselves each week. Generally, menu changes are implemented each fall, so look for changes that time of year.

### What will my child be offered before they start eating Table Foods?

Many pediatricians recommend that infants begin their journey with table foods around 6 months of age. Here at Margaret's House we follow your lead. That means that we will offer foods from the Margaret's House menu to your child after you let us know that it is approved. You can start by approving just one choice from our lunch or snack menu, or as many choices as you are comfortable with. Please keep in mind that the HOT food dishes are often served as casseroles, with a few foods mixed together. This makes it impossible to separate individual food items, and therefore all the ingredients in a dish need to be approved before we will be able to serve that to your child. We are unable to remove or separate parts of a mixed dish. Until you have approved all the menu choices, you will need to send in what they need from home, ie. bottles of breastmilk/formula, pureed foods, meals from home.

### What will my child be given to eat if they cannot eat the foods off the menu?

At any time that your child is not approved to eat the foods offered from the Margaret's House menus, you are required to send in a replacement item/meal. This applies regardless of the reason; it can be because they haven't been exposed to it yet at home, you are uncomfortable with that choice, or because they are allergic or restricted from eating it.

### How do I request a Vegetarian Meal or a Special Diet Meal?

This must be done in **writing**. You can fill out the Lunch Choice/Allergy Form on our website (required for enrollment), or send an email to the director or assistant director. Just let us know which of the three menu choices you would like your child to be offered – regular OR vegetarian OR special diet, you must choose only one option.

**Interested in seeing our menus?** They are right on our website, please scroll to the bottom of the page to see all the choices: <https://www.rit.edu/margarethouse/menu>