



Basic allergen information for individual MRE entrée and side dish items offered by **TheEpicenter.com**.

MENU ITEM	Production Date	CONTAINS			
		Dairy	Wheat	Soy	Egg
Entrées					
BBQ Sauce w/ Chicken, Black Beans & Potatoes	2009				
Bean Salad	2009			YES	
Beans w/ Potatoes	Nov 2008			YES	
Beef Brisket	2009	YES		YES	YES
Beef Chili w/ Beans (MIL RATION)	2009			YES	
Beef Enchilada in Sauce	Dec 2008	YES		YES	
Beef Patty	2009			YES	
Beef Ravioli	2009	YES	YES	YES	YES
Beef Stew	2009	YES			YES
Buffalo Chicken	2009	YES		YES	
Cheese Tortellini	2008	YES	YES	YES	YES
Chicken & Dumplings	2009		YES		YES
Chicken & Rice w/ Vegetables	2009				
Chicken Fajita	2009	YES		YES	
Chicken Noodles & Vegetables in Sauce	2007		YES		YES
Chicken Pesto Pasta	Dec 2008	YES	YES		YES
Chicken Strips w/ Chunky Salsa	2009	YES		YES	
Chicken w/ Tomato & Feta	2009	YES			YES
Chili Macaroni	2009		YES		YES
Clam Chowder	Dec 2008/2009	YES			YES
Garlic and Herb Chicken Breast Fillet	2009				
Grilled Chicken Breast	2009			YES	
Lentil Stew w/ Potatoes & Ham	2009				
Maple Sausage Pork Patty	2009				
Meatloaf w/ Brown Gravy	Dec 2008/2009	YES	YES	YES	
Omelet w/ Vegetables & Cheese	2005	YES		YES	YES
Pasta Marinara w/ Veggie Crumbles	2009		YES		YES
Peas & Pasta	2009		YES	YES	YES
Penne Pasta	2009		YES	YES	YES
Pinto Bean Stew w/ Ham	2009				
Pork Rib	2009				YES
Pot Roast (Beef) with Vegetables	2009	YES			YES
Potato Cheddar Soup w/ Bacon	2009	YES		YES	
Sloppy Joe Filling (BBQ Sauce w/ Beef)	2009				
Spaghetti w/ Meat Sauce	2009	YES	YES	YES	
Vegetable Lasagna	2009	YES	YES	YES	YES
Vegetable Stew w/ Beef (w/ fish) (MIL RATION)	2009		YES	YES	
Vegetarian Chili w/ Beans	2009			YES	
Veggie Burger	2009	YES	YES	YES	YES
Side Dishes					
Cherry Blueberry Cobbler	2009	YES	YES	YES	YES
Corn (Mexican)	2009	YES		YES	
Fried Rice	2007		YES	YES	
Hash Browns w/ Bacon	2007				
Mashed Potatoes	2009	YES			YES
Mexi Mac & Cheese	2009	YES	YES	YES	YES
Refried Beans	2008				
Western Beans	2005				

Revised: 03/10/10

NOTE: Availability, production date, and ingredients are subject to change at any time without prior notice.