

More Information Regarding Dietary Preferences:

- **Personal preference** - If you avoid red meat or certain foods - click food allergy or intolerance, and type in "other" section what food(s) you avoid, i.e., do not like pork
- **Vegan or Vegetarian**
- **Halal** – chicken and fish are Halal but the deli meats and red meat are not halal. If there is alcohol in the food (other than flavored extracts in desserts), it will be in parenthesis on the app, i.e., Tangerine Chicken (Mirin Wine)
- **Food Allergies/Intolerances** – click on the allergens that are listed and you need to indicate if it is an allergy or intolerance.

Milk Intolerance – please send an email to dietitian@umass.edu to let the Dietitian know if you have a mild or severe intolerance (please include your temporary residence)

Mild Intolerance – can eat cream cheese, cheeses but avoids drinking milk

Severe Intolerance – can eat baked goods with some dairy, but cannot eat items like cream cheese, alfredo cream sauce or vegetable lasagna

Other – list allergens you must avoid

To see the ingredients, nutritionals and allergens of the Quarantine meals, please click on the link

[<http://af-foodpro1.campus.ads.umass.edu/foodpro.net/shortmenu.aspx?sName=%60&locationNum=09&locationName=Quarantine+Menu&naFlag=1>]

- Click the date in the left hand column
- Click on the apple next to the meal name
- Click on the name of the food to see ingredients, nutritionals and allergens