

# Eating Milk-Free at UMass



## Questions or concerns

Please ask the cashier to call the manager so they can assist immediately.

## Items from the Kitchen

If you see an item you want without milk at a station but worry about cross contact, please ask a member of management staff to get a portion from the kitchen for you.

## Deep-Fried Products

Avoid deep fried items as the deep fryer may have come into contact with various products cooked in the same fryer.

## Martin's Potato Buns

Buns located in all four dining commons contain milk. Ask the cashier to call a manager and ask for another roll which does not contain milk.

## Desserts

Please check the website, app and menu identifiers. Plant based desserts (no animal by-products, no dairy and no egg) are available at dinner. Additionally, WOR and BERK will have oat milk soft serve. Look for the plant based icon.



## Available Alternatives

UMass Dining offers dairy-free milk alternatives daily. Please ask our staff if you do not see any as they just need to be replenished.

- Milk Alternatives: Lactaid 100%, Rice Dream, Almond Milk, Soy Milk, Oat Milk
- Dairy-Free "Mozzarella" & "Cheddar Cheese" (contains corn & coconut allergens)

## Airborne allergy

Please inform the dietitians/management staff if you have an airborne allergy to milk. The Dietitians can be reached at [dietitian@umass.edu](mailto:dietitian@umass.edu) or you can make an appointment here: <https://umassdining.com/nutrition/book-appointment>

### Hidden Milk Ingredients

- Bechamel sauce
- Butter, butter solids
- Butter fat
- Butter flavor
- Buttermilk
- Casein/casein hydrolysate
- Caseinates
- Cheese (any kind)
- Cottage cheese
- Cream
- Curds
- Custard
- Ghee
- Half-and-half
- High protein flour
- Ice cream, ice milk
- Milk protein
- Non-fat dry milk
- Nougat
- Pudding
- Rennet/rennet casein
- Sodium casein
- Sour or whipping cream
- Whey/whey protein hydrolysate
- Yogurt
- Lactate solids
- Lactoglobulin, lactalbumin
- Lactose/lactoferrin
- Malted milk
- Margarine
- Milk (condensed, derivative, dry, evaporated milk, milk from other animals ie. goat, sheep, malted, milk fat, powder, solids)

\* Lactic Acid is not a dairy product. It is created in the fermentation of sugar during processing from carbohydrates such as cornstarch, potatoes or molasses.

**Please note that cooking does not destroy allergens.**