

## FOOD PREFERENCES LIST (EXAMPLE)

Name: JANE DOE

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Meal Plan Type: RESIDENTIAL 5-DAY (M - F)

Residential Area: TERCERO

	ALLOWED/Likes	NOT ALLOWED/Dislikes
<b>Vegetables</b>	ALL OTHERS OK SPECIFIC PREFERENCES: <ul style="list-style-type: none"> <li>● Broccoli</li> <li>● Asparagus</li> <li>● Green beans</li> </ul>	NO ONION NO GARLIC NO SQUASH NO ZUCCHINI NO BRUSSELS SPROUTS
<b>Fruits</b>	ALL OTHERS OK	NO ACIDIC FRUITS NO CITRUS NO TOMATOES NO PINEAPPLE NO BLUEBERRIES
<b>Grains &amp; Starches</b>	PROVIDE GLUTEN-FREE OPTIONS ONLY SPECIFIC PREFERENCES: <ul style="list-style-type: none"> <li>● White/brown rice</li> <li>● gluten-free pasta</li> <li>● Corn tortillas</li> <li>● potatoes (prepared any style except fried)</li> <li>● Corn</li> </ul>	NO WHEAT, BARLEY, OR RYE
<b>Proteins</b>	ALL OTHERS OK SPECIFIC PREFERENCES: <ul style="list-style-type: none"> <li>● Grilled chicken breast</li> <li>● Turkey</li> <li>● Beans (black and pinto)</li> <li>● Eggs</li> <li>● Tofu, edamame</li> </ul>	NO "FATTY" CUTS OF MEAT NO RED MEAT NO BONE-IN CHICKEN NO PORK NO FISH NO SHELLFISH
<b>Dairy products</b>	ALL OK, IN MODERATION (STUDENT WILL INDICATE IN ORDER)	
<b>Fats, Oils, Spices, Sauces</b>	PLEASE PREPARE MEALS WITH ONLY OLIVE OIL, SALT, AND PEPPER	NO CANOLA OIL NO FRIED FOODS NO SPICY FOODS NO SPICES (salt & pepper OK)
<b>Additional Notes</b>	JANE WILL BE ORDERING FROM THE AGGIE CHOICE MENU, MONDAY - FRIDAY, VIA TEXT-AND-TELL. SHE MAY CHOOSE TO ORDER MEALS TO-GO.	