

Temple Beth Am Dietary Guidelines

For Catering Companies and Potlucks

Food served at Temple Beth Am must follow Kosher-style guidelines:

- No pork
- No shellfish or non-kosher fish
 - Non-kosher seafoods (not allowed at TBA) include: lobster, shrimp, crab, mussels, clams, oysters, squid, scallops, crayfish, octopus, or sea urchins
 - Common kosher fish (allowed at TBA) include: salmon, tuna, whitefish, herring, anchovy, trout, cod, seabass
- No dishes that combine meat and milk (dairy products)
 - For example: lasagna that includes both meat and cheese, cheese burgers, meatballs with a yogurt sauce

Food served at SEED and in the Gan must be peanut and tree-nut free.

A note on gluten and dairy: Both gluten and dairy foods are welcome at TBA. Since many people are not able to eat these foods, when preparing a dish to share, you might consider if the gluten/dairy can be easily served on the side without compromising the dish. For example, a salad could offer feta cheese and croutons on the side.

