

The following Amy's products are Lactose Free:

Beans

Traditional Refried Beans (and Light in Sodium)
Refried Beans with Green Chiles
Vegetarian Baked Beans
Refried Black Beans (and Light in Sodium)

Chili

Spicy Chili (and light in sodium)
Medium Chili (and Light in Sodium)
Medium Chili with Vegetables

Salsas

Spicy Chipotle Salsa
Fire Roasted Vegetable Salsa
Mild Salsa
Medium Salsa
Black Bean & Corn Salsa

Soups

Pasta & 3 Bean Soup
Chunky Vegetable Soup
Vegetable Barley Soup
Black Bean Soup
Black Bean Vegetable Soup
Butternut Squash (and Light in Sodium)
No Chicken Noodle Soup
Minestrone Soup (and Light in Sodium)
Lentil Soup (and Light in Sodium)
Lentil Vegetable Soup (and Light in Sodium)
Split Pea Soup (and Light in Sodium)
Alphabet Soup
Fire Roasted Southwestern Vegetable
Thai Coconut Soup
Tuscan Bean & Rice Soup

Pasta Sauce

Family Marinara Pasta Sauce
Tomato Basil
Marinara Sauce (and Light in Sodium)
Roasted Garlic Pasta Sauce

Burgers

All American Burger
Texas Veggie Burger
California veggie Burger
Breakfast Patties

Toaster Pops

Strawberry Toaster Pops
Apple Toaster Pops

Pot Pies

Mexican Tamale Pie
Shepard's Pie
Non Dairy Vegetable Pot Pie

Entrees

Black Bean & Vegetable Enchilada
(and Light in Sodium)
Tofu Scramble
Macaroni & Soy Cheeze

Asian Meals

Thai Stir Fry
Asian Noodle Stir Fry

Pizzas

Roasted Vegetable Pizza
Rice Crust Spinach Pizza
Soy Cheeze Pizza

Whole Meals

Bean Bean Enchilada Whole Meal
Veggie Load Whole Meal

Indian Meals

Indian Mattar Tofu
Indian Samosa Wrap
Indian Spinach Tofu Wrap
Indian Vegetable Korma

Burritos

Bean & Rice burrito (non-dairy)
Black Bean Vegetable Burrito

Pocket Sandwiches

Vegetable Pie in a Pocket Sandwich
Roasted Vegetable in a Pocket Sandwich
Tofu Scramble in a Pocket Sandwich
Soy Cheeze in a Pocket Sandwich

Bowls

Brown Rice & Vegetable Bowl
(and Light in Sodium)
Brown Rice with Black eyed Peas & Veggies
Teriyaki Bowl
Baked Ziti