

ELLIS VEGETARIAN/VEGAN/ALLERGY

NOVEMBER 2023 MENU



iCater™
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| | | <p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>1</p> | <p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>2</p> | <p>Swedish "Meatballs" w/ Roasted Potatoes & Veg</p> <p>Lemon Pepper Chicken, Rice & Beans & Veg</p> <p>3</p> |
| <p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p>6</p> | <p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>7</p> | <p>Swedish "Meatballs" w/ Roasted Potato, Veg</p> <p>Manicotti w/ Marinara Sauce & Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>8</p> | <p>Vegetarian/ Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Turkey Enchilada Stew, Yellow Rice & Peas, Veg</p> <p>9</p> | <p>PROFESSIONAL DEVELOPMENT</p> <p>10</p> |
| <p>Vegetarian/Vegan Swedish "Meatballs", Roasted Potatoes, Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p>13</p> | <p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>14</p> | <p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Tortellini Marinara, Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg 15</p> <p>8</p> | <p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>Cranberry Chicken, Roasted Potatoes, Veg</p> <p>16</p> | <p>Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce & Veg</p> <p>17 Chicken Marinara, GF Pasta & Veg</p> |
| <p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>20</p> | <p>Vegetarian/Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>21</p> | <p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Tortellini Marinara, Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p>22 3 PM CLOSURE</p> | <p>THANKSGIVING HOLIDAY</p> <p>23</p> | |
| <p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce & Veg</p> <p>Chicken Marinara, GF Pasta & Veg</p> <p>27</p> | <p>Tofu Stir-Fry, Brown Rice & Veg</p> <p>Baked Lasagna & Veg</p> <p>Barbecued Chicken Strips, Brown Rice & Veg</p> <p>28</p> | <p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>29</p> | <p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>30</p> | |