

# ELLIS VEGETARIAN/VEGAN/ALLERGY

## JUNE 2022



**iCater™**  
chef@iCaterboston.com

Monday	Tuesday	Wednesday	Thursday	Friday
		Veggie Empanadas, Rice <b>1</b> San Francisco Vegetables, Fruit Vegan Thai Green Curry Stir Fry, Tofu, Rice San Francisco Vegetables, Fruit Allergen Beef w/Peppers & Onions, Brown Rice, Italian Green Beans, Fruit	Vegetarian/Vegan Chili <b>2</b> Lime Rice Mixed Veg, Fruit  Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Baked Vegetable Lasagna, Garden Vegetables, Fruit <b>3</b>  Vegan Korean meatballs, Steamed Rice, Garden Veg, Fruit Allergen Chicken Marinara, GF Pasta, Italian, steamed Veg, Fruit
Veggie/Vegan meatballs <b>6</b> Pasta, Marinara Sauce Mixed Veg, Fruit  Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Vegetarian/Vegan Chili <b>7</b> Cajun Rice Kale & Onions, Fruit  Allergen BBQ Glazed Turkey Tips, Cajun Rice, Kale & Onions, Fruit	VeggieVegan Burger <b>8</b> Peas & Carrots, Fruit  Allergen Lemon Pepper Chicken, Mashed Sweet Potato, California Blend Veg, Fruit	Mac & Cheese <b>9</b> Cauliflower, Fruit Vegan Thai Green Curry Stir Fry, Tofu, Rice San Francisco Vegetables, Fruit Allergen Chicken Tacos, Corn Tortillas, Salsa, Rice, Cali Blend Veg, Fruit	Vegetarian Empanadas <b>10</b> Sazon Corn Rice Carrots, Fruit Vegan Korean meatballs Sazon Corn Rice, Carrots, Fruit Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit
Vegetarian/Vegan Eggplant "Meatballs", Pasta <b>13</b> Italian Green Beans, Fruit  Allergen Chicken Marinara, GF Pasta, Italian Green Beans, Fruit	Baked Vegetable Lasagna, Mixed Vegetables, Fruit <b>14</b> Vegan Korean meatballs, Steamed Rice, Mixed Veg, Fruit Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Mac and Cheese <b>15</b> Carrots, Fruit Vegan Burger , Whole Wheat Roll, Carrots, Fruit Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Vegetarian/Vegan Chili , <b>16</b> Brown Rice , Green Beans, Fruit  Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit	<p style="text-align: center;"><b>NO SCHOOL</b> <b>Professional Development Day</b></p>
<p style="text-align: center;"><b>NO SCHOOL</b> <b>Juneteenth</b></p>	Indian Vegetarian/Vegan Masala <b>21</b> Yellow Rice and Peas Cali Blend Veg, Fruit  Allergen Chicken Tacos, Corn Tortillas, Salsa, Rice & Peas, Cali Blend Veg, Fruit	Cheese Pizza <b>22</b> Italian Green Beans, Fruit Vegan Meatballs, Gravy, Brown Rice, Italian Green beans, Fruit Allergen Beef w/Peppers & Onions, Brown Rice, Italian Green Beans, Fruit	Veggie/Vegan Burger <b>23</b> Whole Wheat Roll Mixed Vegetables, Fruit  Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Veggie/vegan Stir-fry <b>24</b> Steamed Brown Rice Green beans, Fruit  Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit
Eggplant "Meatballs" <b>27</b> Scalloped Potatoes Carrots, Fruit Vegan Eggplant "Meatballs" Roasted Potatoes, Carrots, Fruit Allergen Cranberry Glazed Turkey Tips, Roasted Potato, Carrots, Fruit	Veggie/Vegan Stir-fry <b>28</b> Brown Rice San Francisco Blend Vegetables, Fruit  Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Veggie Empanadas, Rice <b>29</b> San Francisco Vegetables, Fruit  Vegan Thai Green Curry Stir Fry, Tofu, Rice San Francisco Vegetables, Fruit Allergen Beef w/Peppers & Onions, Brown Rice, Italian Green Beans, Fruit	Vegetarian/Vegan Chili <b>30</b> Lime Rice Mixed Veg, Fruit  Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	