

ELLIS VEGETARIAN/VEGAN/ALLERGY

November 2022



iCater™
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Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Tofu Stir-Fry, Brown Rice & Veg</p> <p>Baked Lasagna & Veg</p> <p>Barbecued Chicken Strips, Brown Rice & Veg</p> <p style="text-align: right;">1</p>	<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p style="text-align: right;">2</p>	<p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p style="text-align: right;">3</p>	<p>Swedish "Meatballs" w/ Roasted Potatoes & Veg</p> <p>Lemon Pepper Chicken, Rice & Beans & Veg</p> <p style="text-align: right;">4</p>
<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p style="text-align: right;">7</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p style="text-align: right;">8</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 style="text-align: right;">9</p>	<p>Vegetarian/ Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Turkey Enchilada Stew, Yellow Rice & Peas, Veg</p> <p style="text-align: right;">10</p>	<p>PROFESSIONAL DEVELOPMENT DAY</p> <p style="text-align: right;">11</p>
<p>Vegetarian/Vegan Swedish "Meatballs", Roasted Potatoes, Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg</p> <p style="text-align: right;">14</p>	<p>Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p style="text-align: right;">15</p>	<p>Vegan Burger, Whole Wheat Roll, & Veg</p> <p>Tortellini Marinara, Veg</p> <p>Beef w/ Pepper & Onions, Brown Rice, Veg</p> <p style="text-align: right;">16</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>Cranberry Chicken, Roasted Potatoes, Veg</p> <p style="text-align: right;">17</p>	<p>Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce & Veg</p> <p>Chicken Marinara, GF Pasta & Veg</p> <p style="text-align: right;">18</p>
<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p style="text-align: right;">21</p>	<p>Vegetarian/Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p style="text-align: right;">22</p>	<p>"Meatballs" w/ Gravy, Rice & Veg</p> <p>Manicotti w/ Marinara Sauce & Veg</p> <p>Jerked Chicken, Potato Wedges, Veg</p> <p style="text-align: right;">23</p>	<p>HAPPY THANKSGIVING! ☺</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</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 style="text-align: right;">28</p>	<p>Tofu Stir-Fry, Brown Rice & Veg</p> <p>Baked Lasagna & Veg</p> <p>Barbecued Chicken Strips, Brown Rice & Veg</p> <p style="text-align: right;">29</p>	<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p style="text-align: right;">30</p>		