

# ELLIS VEGETARIAN/VEGAN/ALLERGY

## AUGUST 2022



**iCater™**

chef@iCaterboston.com

Monday	Tuesday	Wednesday	Thursday	Friday
Eggplant "Meatballs" 1 Scalloped Potatoes Carrots, Fruit Vegan Eggplant "Meatballs" Roasted Potatoes, Carrots, Fruit Allergen Cranberry Glazed Turkey Tips, Roasted Potato, Carrots, Fruit	Veggie/Vegan Stir-fry 2 Brown Rice San Francisco Blend Vegetables, Fruit  Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Veggie Empanadas, Rice 3 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 4 Lime Rice Mixed Veg, Fruit  Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Baked Vegetable Lasagna, Garden 5 Vegetables, Fruit  Vegan Korean meatballs, Steamed Rice, Garden Veg, Fruit Allergen Chicken Marinara, GF Pasta, Italian, steamed Veg, Fruit
Veggie/Vegan meatballs 8 Pasta, Marinara Sauce Mixed Veg, Fruit  Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Vegetarian/Vegan Chili 9 Cajun Rice Kale & Onions, Fruit  Allergen BBQ Glazed Turkey Tips, Cajun Rice, Kale & Onions, Fruit	VeggieVegan Burger 10 Peas & Carrots, Fruit  Allergen Lemon Pepper Chicken, Mashed Sweet Potato, California Blend Veg, Fruit	Mac & Cheese 11 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 12 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 15 "Meatballs", Pasta Italian Green Beans, Fruit  Allergen Chicken Marinara, GF Pasta, Italian Green Beans, Fruit	Baked Vegetable Lasagna, Mixed 16 Vegetables, Fruit Vegan Korean meatballs, Steamed Rice, Mixed Veg, Fruit Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Mac and Cheese 17 Carrots, Fruit Vegan Burger Whole Wheat Roll, Carrots, Fruit Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Vegetarian/Vegan Chili , 18 Brown Rice , Green Beans, Fruit  Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit	Indian Vegetarian/Vegan Masala, 19 Mashed Sweet Potatoes California Blend Vegetables, Fruit Allergen Lemon Pepper Chicken, Mashed Sweet Potato, California Blend Veg, Fruit
Vegetarian/Vegan Chili 22 Rice and Beans San Fran Vegetables, Fruit Allergen Jerked Chicken Breast, Roasted Potatoes, San Fran Vegetables, Fruit	Indian Vegetarian/Vegan Masala 23 Yellow Rice and Peas Cali Blend Veg, Fruit Allergen Chicken Tacos, Corn Tortillas, Salsa, Rice & Peas, Cali Blend Veg, Fruit	Cheese Pizza 24 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 25 Whole Wheat Roll Mixed Vegetables, Fruit Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Veggie/vegan Stir-fry 26 Steamed Brown Rice , Green beans, Fruit  Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit
Eggplant "Meatballs" 29 Scalloped Potatoes Carrots, Fruit Vegan Eggplant "Meatballs" Roasted Potatoes, Carrots, Fruit Allergen Cranberry Glazed Turkey Tips, Roasted Potato, Carrots, Fruit	Veggie/Vegan Stir-fry 30 Brown Rice San Francisco Blend Vegetables, Fruit  Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Veggie Empanadas, Rice 31 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		