

# ELLIS VEGETARIAN/VEGAN/ALLERGY

## SEPTEMBER 2023



**iCater™**

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				<p>Vegan/Vegetarian Pot stickers, Yellow Rice &amp; Peas, Veg</p> <p>Beef w/ Pepper &amp; Onions, Brown Rice, Veg</p> <p>1</p>
<p><b>Labor Day</b></p> <p>4</p>	<p>Tofu Stir-Fry, Brown Rice &amp; Veg</p> <p>Baked Lasagna &amp; Veg</p> <p>Barbecued Chicken Strips, Brown Rice &amp; Veg</p> <p>5</p>	<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>6</p>	<p>Vegetarian/Vegan Pasta &amp; "Chicken" Marinara w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>7</p>	<p><b>PROFESSIONAL DEVELOPMENT</b></p> <p>8</p>
<p>Vegetarian/ Vegan Chicken Sandwich w/ Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice &amp; Beans, Veg</p> <p>11</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges &amp; Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>12</p>	<p>Swedish "Meatballs" w/ Roasted Potato, Veg</p> <p>Manicotti w/ Marinara Sauce &amp; Veg</p> <p>Beef w/ Pepper &amp; Onions, Brown Rice, Veg 13</p> <p>13</p>	<p>Vegetarian/ Vegan Burger, Whole Wheat Roll, &amp; Veg</p> <p>Turkey Enchilada Stew, Yellow Rice &amp; Peas, Veg</p> <p>14</p>	<p>Vegan Pasta &amp; "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Mac &amp; Cheese &amp; "Chicken" Tender w/ Veg</p> <p>15 Bolognese, GF Pasta, Veg</p>
<p>Vegetarian/Vegan Swedish "Meatballs", Roasted Potatoes, Veg</p> <p>Chicken Tacos, Corn Tortillas, Salsa, Rice &amp; Beans, Veg</p> <p>18</p>	<p>Vegetarian/Vegan Pasta &amp; "Chicken" Marinara w/ Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>19</p>	<p>Vegan Burger, Whole Wheat Roll, &amp; Veg</p> <p>Tortellini Marinara, Veg</p> <p>Beef w/ Pepper &amp; Onions, Brown Rice, Veg 20</p> <p>20</p>	<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges &amp; Veg</p> <p>Cranberry Chicken, Roasted Potatoes, Veg</p> <p>21</p>	<p>Vegan Pasta &amp; "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Lasagna Roll Up w/ Marinara Sauce &amp; Veg</p> <p>Chicken Marinara, GF Pasta &amp; Veg 22</p>
<p>Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges &amp; Veg</p> <p>BBQ Turkey Tips, Mashed Sweet Potato, Veg</p> <p>25</p>	<p>Vegetarian/Vegan Pasta &amp; "Meatballs" w/ Marinara Sauce w/ Veg</p> <p>Bolognese, GF Pasta, Veg</p> <p>26</p>	<p>"Meatballs" w/ Gravy, Rice &amp; Veg</p> <p>Manicotti w/ Marinara Sauce &amp; Veg</p> <p>Jerked Chicken, Potato Wedges, Veg</p> <p>27</p>	<p>Vegan Burger, Whole Wheat Roll, &amp; Veg</p> <p>Montreal Chicken, Roasted Sweet Potato, Veg</p> <p>28</p>	<p>Vegan/Vegetarian Pot stickers, Yellow Rice &amp; Peas, Veg</p> <p>Beef w/ Pepper &amp; Onions, Brown Rice, Veg</p> <p>29</p>