

ELLIS VEGETARIAN/VEGAN/ALLERGY

MAY 2022



iCater™
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Monday	Tuesday	Wednesday	Thursday	Friday
Eggplant "Meatballs" 2 Scalloped Potatoes Carrots, Fruit Vegan Eggplant "Meatballs" Roasted Potatoes, Carrots, Fruit Allergen Cranberry Glazed Turkey Tips, Roasted Potato, Carrots, Fruit	Veggie/Vegan Stir-fry 3 Brown Rice San Francisco Blend Vegetables, Fruit Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Veggie Empanadas, Rice 4 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 5 Lime Rice Mixed Veg, Fruit Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Baked Vegetable Lasagna, Garden Vegetables, Fruit 6 Vegan Korean meatballs, Steamed Rice, Garden Veg, Fruit Allergen Chicken Marinara, GF Pasta, Italian, steamed Veg, Fruit
Veggie/Vegan meatballs 9 Pasta, Marinara Sauce Mixed Veg, Fruit Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Vegetarian/Vegan Chili 10 Cajun Rice Kale & Onions, Fruit Allergen BBQ Glazed Turkey Tips, Cajun Rice, Kale & Onions, Fruit	VeggieVegan Burger 11 Peas & Carrots, Fruit Allergen Lemon Pepper Chicken, Mashed Sweet Potato, California Blend Veg, Fruit	Mac & Cheese 12 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 13 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 16 Italian Green Beans, Fruit Allergen Chicken Marinara, GF Pasta, Italian Green Beans, Fruit	Baked Vegetable Lasagna, Mixed Vegetables, Fruit 17 Vegan Korean meatballs, Steamed Rice, Mixed Veg, Fruit Allergen Barbecued Chicken Strips, Steamed rice, Mixed Veg, Fruit	Mac and Cheese 18 Carrots, Fruit Vegan Burger Whole Wheat Roll, Carrots, Fruit Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit	Vegetarian/Vegan Chili , Brown Rice , Green Beans, Fruit 19 Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit	Indian Vegetarian/Vegan Masala, Mashed Sweet Potatoes 20 California Blend Vegetables, Fruit Allergen Lemon Pepper Chicken, Mashed Sweet Potato, California Blend Veg, Fruit
Vegetarian/Vegan Chili 23 Rice and Beans San Fran Vegetables, Fruit Allergen Jerked Chicken Breast, Roasted Potatoes, San Fran Vegetables, Fruit	Indian Vegetarian/Vegan Masala 24 Yellow Rice and Peas Cali Blend Veg, Fruit Allergen Chicken Tacos, Corn Tortillas, Salsa, Rice & Peas, Cali Blend Veg, Fruit	Cheese Pizza 25 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 26 Whole Wheat Roll Mixed Vegetables, Fruit Allergen Bolognese, GF Pasta, Mixed Vegetables, Fruit	Veggie/vegan Stir-fry 27 Steamed Brown Rice Green beans, Fruit Allergen Turkey Chili Verde, Brown Rice, Green Beans, Fruit
30 NO SCHOOL	Veggie/Vegan Stir-fry 31 Brown Rice San Francisco Blend Vegetables, Fruit Allergen Montreal Chicken, Roasted Sweet Potato, Carrots, Fruit			