

ELLIS VEGETARIAN/VEGAN/ALLERGY

APRIL 2023



iCater™

chef@iCaterboston.com

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian/Vegan Swedish "Meatballs", Roasted Potatoes, Veg Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg 3	Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg Montreal Chicken, Roasted Sweet Potato, Veg 4	Vegan Burger, Whole Wheat Roll, & Veg Tortellini Marinara, Veg Beef w/ Pepper & Onions, Brown Rice, Veg 5	Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg Cranberry Chicken, Roasted Potatoes, Veg 6	Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg Lasagna Roll Up w/ Marinara Sauce & Veg Chicken Marinara, GF Pasta & Veg 7
Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg BBQ Turkey Tips, Mashed Sweet Potato, Veg 10	Vegetarian/Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg Bolognese, GF Pasta, Veg 11	"Meatballs" w/ Gravy, Rice & Veg Manicotti w/ Marinara Sauce & Veg Jerked Chicken, Potato Wedges, Veg 12	Vegan Burger, Whole Wheat Roll, & Veg Montreal Chicken, Roasted Sweet Potato, Veg 13	Vegan/Vegetarian Pot stickers, Yellow Rice & Peas, Veg Beef w/ Pepper & Onions, Brown Rice, Veg 14
17	Tofu Stir-Fry, Brown Rice & Veg Baked Lasagna & Veg Barbecued Chicken Strips, Brown Rice & Veg 18	Vegetarian/ Vegan Chicken Sandwich w/ Veg Montreal Chicken, Roasted Sweet Potato, Veg 19	Vegetarian/Vegan Pasta & "Chicken" Marinara w/ Veg Bolognese, GF Pasta, Veg 20	Swedish "Meatballs" w/ Roasted Potatoes & Veg Lemon Pepper Chicken, Rice & Beans & Veg 21
Vegetarian/ Vegan Chicken Sandwich w/ Veg Chicken Tacos, Corn Tortillas, Salsa, Rice & Beans, Veg 24	Vegetarian/ Vegan Chicken Tenders w/ Potato Wedges & Veg BBQ Turkey Tips, Mashed Sweet Potato, Veg 25	Swedish "Meatballs" w/ Roasted Potato, Veg Manicotti w/ Marinara Sauce & Veg Beef w/ Pepper & Onions, Brown Rice, Veg 26	Vegetarian/ Vegan Burger, Whole Wheat Roll, & Veg Turkey Enchilada Stew, Yellow Rice & Peas, Veg 27	Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Veg Mac & Cheese & "Chicken" Tender w/ Veg Bolognese, GF Pasta, Veg 28