

Specialty Lunch Meals

KIDS Four Week Menu

chef@iCaterboston.com 617-892-7777
DH indicates diabetic friendly



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
|  | | <p>Vegan Burger, Whole Wheat Roll, & Mixed Veg</p> <p>WG Ravioli Marinara, Mixed Veg</p> <p>Allergen Beef w/ Pepper & Onions, Brown Rice, Mixed Veg DH</p> <p style="text-align: right;">1</p> | <p>Vegetarian Pasta and Eggplant Parmesan w/Marinara, ww dinner roll</p> <p>Vegan Chicken Tenders w/ Potato Wedges & Green Beans, ww dinner roll</p> <p>Allergen Herb Marinated Chicken, Brown Rice, Green Beans DH</p> <p style="text-align: right;">2</p> | <p>Vegan WG Pasta & "Meatballs" w/ Marinara Sauce w/ Italian Gr Beans</p> <p>Lasagna Roll Up w/ Marinara Sauce & Italian Gr Beans ww dinner roll</p> <p>Allergen Chicken Marinara, Brown Rice & Gr Beans DH</p> <p style="text-align: right;">3</p> |
| <p>Vegetarian/Vegan Chicken Tenders w/ Potato Wedges & Corn, WG Bread</p> <p>Allergen Herb Roasted Turkey Tips, Mashed Sweet Potato, Brown Rice</p> <p style="text-align: right;">6</p> | <p>Vegetarian/Vegan Balsamic Roasted Vegetable and Chickpea Bowl; Brown Rice DH</p> <p>Allergen Bolognese, GF Pasta, Peas & Carrots, WW Dinner Roll</p> <p style="text-align: right;">7</p> | <p>"Meatballs" w/ Gravy, Brown Rice & Cauliflower</p> <p>Manicotti w/ Marinara Sauce Cauliflower, ww dinner roll</p> <p>Allergen Jerked Chicken, Brown Rice, Cauliflower DH</p> <p style="text-align: right;">8</p> | <p>Vegan Burger, Whole Wheat Roll, & Carrots</p> <p>Allergen Montreal Chicken, Roasted Sweet Potato, Brown Rice DH</p> <p style="text-align: right;">9</p> | <p>Vegan/Vegetarian Pot stickers, Brown Rice, Green Beans</p> <p>Allergen Beef w/ Pepper & Onions, Brown Rice, Green Beans DH</p> <p style="text-align: right;">10</p> |
| <p>Vegan Burger, Whole Wheat Roll, & Green Beans</p> <p>Lasagna Roll Up w/ Marinara Sauce & Italian Green Beans</p> <p>Allergen Chicken Marinara, Brown Rice & Green Beans DH</p> <p style="text-align: right;">13</p> | <p>Tofu Stir-Fry, Brown Rice & Mixed Veg</p> <p>Baked Lasagna & Mixed Veg WW dinner roll</p> <p>Allergen Marinated Chicken Strips, Brown Rice & Mixed Veg DH</p> <p style="text-align: right;">14</p> | <p>Vegetarian/Vegan Chicken Sandwich w/ Carrots (WW Roll for sandwich)</p> <p>Allergen Montreal Chicken, Roasted Sweet Potato, Brown Rice DH</p> <p style="text-align: right;">15</p> | <p>Vegetarian/Vegan Balsamic Roasted Vegetable and Chickpea Bowl; Brown Rice DH</p> <p>Allergen Bolognese, GF Pasta, Carrots</p> <p style="text-align: right;">16</p> | <p>Swedish "Meatballs" w/ Roasted Potatoes & Mixed Veg, WG Bread</p> <p>Allergen Lemon Pepper Chicken, Brown Rice & Beans & Mixed Veg DH</p> <p style="text-align: right;">17</p> |
|  | <p>Vegetarian/Vegan Chicken Tenders w/ Potato Wedges & Corn, WW dinner roll</p> <p>Allergen Herb Roasted Turkey Tips, Mashed Sweet Potato, Brown Rice</p> <p style="text-align: right;">20</p> | <p>Swedish "Meatballs" w/ Roasted Potato, Mixed Veg WW dinner roll</p> <p>Manicotti w/ Marinara Sauce & Mixed Veg, WW dinner roll</p> <p>Allergen Beef w/ Pepper & Onions, Brown Rice, Mixed Veg DH</p> <p style="text-align: right;">22</p> | <p>Vegetarian/Vegan Burger, Whole Wheat Roll, & Carrots</p> <p>Allergen Turkey Enchilada Stew, Yellow/Brown Rice & Peas, Carrots DH</p> <p style="text-align: right;">23</p> | <p>Vegan Pasta & "Meatballs" w/ Marinara Sauce w/ Cali Blend Veg, ww dinner roll</p> <p>Mac & Cheese & "Chicken" Tender w/ Cali Blend Veg, ww dinner roll</p> <p>Allergen Bolognese, GF Pasta, Cali Blend Veg DH</p> <p style="text-align: right;">24</p> |
| <p>Vegetarian/Vegan Swedish "Meatballs", Brown Rice, San Fran Blend Veg</p> <p>Allergen Chicken Tacos, Corn Tortillas, Salsa, Brown Rice & Beans, San Fran Blend Veg DH</p> <p style="text-align: right;">27</p> | <p>Vegetarian/Vegan WG Pasta & "Chicken" Marinara w/ Mixed Veg</p> <p>Allergen Montreal Chicken, Roasted Sweet Potato, Brown Rice DH</p> <p style="text-align: right;">28</p> | <p>Vegan Burger, Whole Wheat Roll, & Mixed Veg</p> <p>WG Ravioli Marinara, Mixed Veg</p> <p>Allergen Beef w/ Pepper & Onions, Brown Rice, Mixed Veg DH</p> <p style="text-align: right;">29</p> | <p>Vegetarian Pasta and Eggplant Parmesan w/Marinara, ww dinner roll</p> <p>Vegan Chicken Tenders w/ Potato Wedges & Green Beans, ww dinner roll</p> <p>Allergen Herb Marinated Chicken, Brown Rice, Green Beans DH</p> <p style="text-align: right;">30</p> | <p>All lunches served with 8oz of milk (whole, 1%, or Lactaid free based on requirement for age group)</p> <p>All lunches served with ½ cup of fruit. The fruit is listed on the main menu calendar.</p> |