

# ELLIS VEGETARIAN/VEGAN/ALLERGY

## June MENU 2024



**iCater™**

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