

ChildEats – **VEGETARIAN** Monthly Menu



Week 1 • April 27- May 1

Date					Friday 5/01
Soup					Split Pea
Lunch					Mac N Cheese Steamed Vegetables Seasonal Fruit

Week 2 • May 4- 8

Date	Monday 5/04	Tuesday 5/05	Wednesday 5/06	Thursday 5/07	Friday 5/08
Soup	Oatmeal	Noodle	White Bean	Purée Carrot	Borscht
Lunch	Mac N Cheese WG Pasta Cucumber Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Garden Salad Seasonal Fruit	Vegetable Patty WG Buckwheat Steamed Vegetables Seasonal Fruit

Week 3 • May 11- 15

Date	Monday 5/11	Tuesday 5/12	Wednesday 5/13	Thursday 5/14	Friday 5/15
Soup	Purée Broccoli	Split Pea	Spring	Fresh Cabbage	Rice
Lunch	Veggie Nuggets WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Green Peas Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese Steamed Cauliflower Seasonal Fruit

Week 4 • May 18- 22

Date	Monday 5/18	Tuesday 5/19	Wednesday 5/20	Thursday 5/21	Friday 5/22
Soup	Oatmeal	Noodle	Harvest	Borscht	Purée Cauliflower
Lunch	Veggie Nuggets Sweet Potato WG Bread Cole Slaw Seasonal Fruit	Mozzarella Stick Steamed Rice Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Broccoli Seasonal Fruit	Cheese Pizza Herb Boiled Potato WG Bread Steamed Vegetables Seasonal Fruit	Falafel WG Buckwheat Cucumber Salad Seasonal Fruit

Week 5 • May 25-29

Date	Monday 5/25	Tuesday 5/26	Wednesday 5/27	Thursday 5/28	Friday 5/29
Soup	Purée Pumpkin	Spinach	Fresh Cabbage	Rice	Split Pea
Lunch	Mozzarella Stick Steamed Rice Cole Slaw Seasonal Fruit	Veggie Nuggets Mashed Potato/WG Bread Garden Salad Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Green Peas Seasonal Fruit	Mac N Cheese Steamed Vegetables Seasonal Fruit

Note: All fruits are subject to seasonal availability. childeats.com • prepared by petergofchicago.com