

## ChildEats Vegetarian Menu



### Week 1 • September 01 – September 05

Date	Monday 09/01	Tuesday 09/02	Wednesday 09/03	Thursday 09/04	Friday 09/05
Soup	Purée Broccoli	Purée Carrot	Split Pea	Fresh Cabbage	Rice
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Steamed Rice Cole Slaw Seasonal Fruit	Cheese Pizza Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Kasha Steamed Broccoli Seasonal Fruit

### Week 2 • September 08 – September 12

Date	Monday 09/08	Tuesday 09/09	Wednesday 09/10	Thursday 09/11	Friday 09/12
Soup	Oatmeal	Noodle	Lentil	Borscht	Purée Cauliflower
Lunch	Omelet Slider 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 Kasha Steamed Cauliflower Seasonal Fruit

### Week 3 • September 15 – September 19

Date	Monday 09/15	Tuesday 09/16	Wednesday 09/17	Thursday 09/18	Friday 09/19
Soup	Purée Pumpkin	Purée Cauliflower	Fresh Cabbage	Split Pea	Rice
Lunch	Mozzarella Stick Roasted Potato/WG Bread Garden Salad Seasonal Fruit	Veggie Nuggets Steamed Rice Cole Slaw Seasonal Fruit	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Omelet Slider Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit	Vegetable Patty Kasha Steamed Vegetables Seasonal Fruit

### Week 4 • September 22 – September 26

Date	Monday 09/22	Tuesday 09/23	Wednesday 09/24	Thursday 09/25	Friday 09/26
Soup	Lentil	Noodle	Purée Cauliflower	Purée Pumpkin	Borscht
Lunch	Mac N Cheese WG Pasta Garden Salad Seasonal Fruit	Veggie Nuggets Sweet Potato/WG Bread Cole Slaw Seasonal Fruit	Falafel Steamed Rice Steamed Broccoli Seasonal Fruit	Omelet Slider Herb Boiled Potato WG Bread Cucumber Salad Seasonal Fruit	Vegetable Patty Kasha Steamed Vegetables Seasonal Fruit

### Week 5 • September – September 30

Date	Monday 09/29	Tuesday 09/30			
Soup	Purée Broccoli	Purée Carrot			
Lunch	Mac N Cheese WG Pasta Steamed Carrots Seasonal Fruit	Mozzarella Stick Mashed Potato/WG Bread Steamed Cauliflower Seasonal Fruit			

*Note: All fruits are subject to seasonal availability. [childeats.com](http://childeats.com) • prepared by [petergofchicago.com](http://petergofchicago.com)*