

Vegetarian Menu Skokie Montessori School

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>09.10-09.14</u>	Grilled Tofu Steamed Cauliflower Carrot Salad Rotini Pasta Potato Vegetable Soup	Black eye peas w marinera sauce Mashed Potatoes Garden Salad Steamed Brown Rice Oatmeal Soup	Cheese assortment Steamed Cauliflower Corn Salad Mashed Potatoes Ukranian Borsch	Hummus Steamed Carrots Garden Salad Buckwheat Chunky Spinach Soup	Grilled Tofu Steamed Broccoli Corn Salad French Fries Chicken Rice Soup
<u>09.17-09.21</u>	Grilled Tofu Steamed Cauliflower Carrot Salad Rotini Pasta Potato Vegetable Soup	Black eye peas w marinera sauce Mashed Potatoes Garden Salad Steamed Brown Rice Oatmeal Soup	Cheese assortment Cole Slow Corn Salad Mashed Potatoes Chunky Spinach Soup	Hummus Cucumber Salad Steamed Carrots French Fries Lentil Soup	Grilled Tofu Steamed Broccoli Carrot Salad Sourdough Bread Chicken Noodle Soup
<u>09.24-09.28</u>	Grilled Tofu Carrot Salad Corn Salad Steamed Rice Vegetable Soup	Black eye peas w marinera sauce Steamed Cauliflower Cucumber Salad Elbow Pasta Oatmeal Soup	Cheese assortment Mashed Potatoes Garden Salad Sourdough Bread Chicken Noodle Soup	Hummus Cucumber Salad Corn Salad Steamed Brown Rice Ukranian Borsch	Grilled Tofu Cole Slow Steamed Carrots French Fries Lentil Soup
<u>10.01.10.05</u>	Grilled Tofu Mashed Potatoes Steamed Broccoli Sourdough Bread Chicken Rice Soup	Black eye peas w marinera sauce Carrot Salad Corn Salad Elbow Pasta Split Pea Soup	Cheese assortment Steamed Cauliflower Cucumber Salad Steamed Brown Rice Minestrone Soup	Hummus Corn Salad Garden Salad Steamed Rice Cabbage Soup	Grilled Tofu Steamed Carrots Corn Salad Sourdough Bread Chicken Noodle Soup