

Busy Bees Montessori Menu vegetarian

10/01-04, 10/28-31

10/07-10/11

10/14-10/18

10/21-10/25

MONDAY

HUMMUS
STEAMED BROWN RICES
CUCUMBER SALAD
BEETS SALAD
FRESH FRUITS

HUMMUS
GREEN PEAS
CUCUMBER SALAD
FRESH FRUITS

HUMMUS
ROTINI PASTA
COLESLAW
STEAMED BROCCOLI
FRESH FRUITS

HUMMUS
ROASTED POTATO
WHOLE WHEAT BREAD
CABBAGE SALAD
FRESH FRUITS

TUESDAY

VEGETERIAN BURGER
MASHED POTATO
GREEN PEAS
WHOLE WHEAT BREAD
FRESH FRUITS

VEGETERIAN BURGER
WHOLE GRAIN ROTINI
PASTA
CORN SALAD
STEAMED CAULIFLOWER
FRESH FRUITS

VEGETERIAN BURGER
MASHED POTATO
GARDEN SALAD
WHITE BREAD
FRESH FRUITS

VEGETERIAN BURGER
APPLE & CARROTS
SALAD
GREEN PEAS
FRESH FRUITS

WEDNESDAY

GRILLED TOFU
TATER TOTS
CORN ON THE COB
STEAMED BROCCOLI
SALAD
FRESH FRUITS

GRILLED TOFU
SWEET POTATO
CABBAGE SALAD
WHOLE WHEAT BREAD
FRESH FRUITS

GRILLED TOFU
CORN ON THE COB
STEAMED CARROTS
FRESH FRUITS

GRILLED TOFU
SPAGHETTI
STEAM CAULIFLOWER
CUCUMBER SALAD
FRESH FRUITS

THURSDAY

FALAFEL
WHITE BOW PASTA
STEAMED CARROTS
GARDEN SALAD
FRESH FRUITS

FALAFEL
BOW PASTA
APPLE & CARROTS
SALAD
STEAMED BROCCOLI
FRESH FRUITS

FALAFEL
ROASTED POTATO
GREEN PEAS
WHITE GARLIC BREAD
FRESH FRUITS

FALAFEL
STEAMED BROCCOLI
SALAD
STEAMED CARROTS
FRESH FRUITS

FRIDAY

MOZZARELLA STICKS
ROASTED POTATO
COLESLAW
WHITE GARLIC BREAD
FRESH FRUITS

MOZZARELLA STICKS
MASHED POTATOES
GARDEN SALAD
WHOLE WHEAT BREAD
FRESH FRUITS

MOZZARELLA STICKS
WHOLE GRAIN ROTINI
PASTA
BEETS SALAD
CORN SALAD
MARINARA SAUCE
FRESH FRUITS

MOZZARELLA STICKS
MASHED POTATO
GARDEN SALAD
WHITE BREAD
FRESH FRUITS