

# February

2020

## St Ignatius Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3 Chicken (Tempeh) Sliders Sweet Potato Fries – V Carrots – V, GF, DF Fruit – V, GF, DF	4 Tostado Tuesday GF, DF beef & Vegan option Beans & rice GF, DF V fruit	5 Pizza Salad Fruit	6 Chicken Stir Fry, (Tofu) – GF, DF Egg rolls - Rice – DF, V Fruit, DF, GF, V	7 Cheese Tortellini with Marinara (GF PASTA) V Garlic Bread Sticks - V Peas GF DF V Fruit – V, GF, DF	8
9	10 Turkey (TVP) Sloppy Joes Tater Tots GF, DF, V Broccoli V, GF, DF Fruit	11 Bean/Cheese Quesadilla Rice – V, GF Corn, DF, GF, V Fruit – V, GF, DF	12 Pizza Salad Fruit	13 Baked Chicken (Tempeh) GF DF Buttered Noodle V, Green Beans V, GF, DF Fruit V, GF, DF	14 Fish Sticks (Tofu) Mac & Cheese, V Cauliflower V, GF, DF Fruit V, GF, DF	15
16	17 <b>No School</b>	18 Enchilada Pie GF Rice – V, GF, DF Corn – V, GF, DF Fruit – V, GF, DF	19 Pizza Salad Fruit	20 Chicken Alfredo (Tofu) Garlic Bread Sticks, V Peas – V, GF, DF Fruit – V, GF, DF	21 Pot Stickers – (Veggie) Riced Cauliflower - V, GF, DF Bok Choy - V, GF, DF Fruit V, GF, DF	22
23	24 Hamburgers (Boca) w/fixins French Fries Peas/ Carrots V, GF, DF Fruit V, GF, DF	25 Tostado Tuesday GF, DF Chicken & Vegan option Beans & rice GF, DF V fruit	26 Pizza Salad Fruit	27 Pierogi's (Potato & Cheese) Zucchini Spirals GF, DF, V Cucumber Salad - V, GF, DF Fruit V, GF, DF	28 Sausage Rolls (Field Roast) Baked Beans Green Salad - V, GF, Fruit - V, GF, DF	29
	Vegetarian Vegan options: Boca Burgers, Tofu, Tempeh, Vegetable, TVP	<ul style="list-style-type: none"> <li>Gluten free pasta &amp; Breads available</li> </ul>				