

# Busy Bees Montessori Menu vegetarian

09/01, 09/25-29

09/04-09/08

09/11-09/15

09/18-09/22

MONDAY

HUMMUS  
ROASTED POTATO  
WHOLE WHEAT BREAD  
CABBAGE SALAD  
FRESH FRUITS

HUMMUS  
STEAMED BROWN RICES  
CUCUMBER SALAD  
BEETS SALAD  
FRESH FRUITS

HUMMUS  
MASHED POTATOES  
GARDEN SALAD  
WHOLE WHEAT BREAD  
FRESH FRUITS

HUMMUS  
ROTINI PASTA  
COLESLAW  
STEAMED BROCCOLI  
FRESH FRUITS

TUESDAY

VEGETERIAN BURGER  
APPLE & CARROTS  
SALAD  
GREEN PEAS  
FRESH FRUITS

VEGETERIAN BURGER  
MASHED POTATO  
GREEN PEAS  
WHOLE WHEAT BREAD  
FRESH FRUITS

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

VEGETERIAN BURGER  
MASHED POTATO  
GARDEN SALAD  
WHITE BREAD  
FRESH FRUITS

WEDNESDAY

GRILLED TOFU  
BUCKWHEAT  
STEAM CAULIFLOWER  
CUCUMBER SALAD  
FRESH FRUITS

GRILLED TOFU  
BUCKWHEAT  
CORN ON THE COB  
STEAMED BROCCOLI  
SALAD  
FRESH FRUITS

GRILLED TOFU  
ROASTED POTATO  
CABBAGE SALAD  
WHOLE WHEAT BREAD  
FRESH FRUITS

GRILLED TOFU  
CORN ON THE COB  
STEAMED CARROTS  
FRESH FRUITS

THURSDAY

FALAFEL  
STEAMED BROCCOLI  
SALAD  
STEAMED CARROTS  
FRESH FRUITS

FALAFEL  
WHITE BOW PASTA  
STEAMED CARROTS  
GARDEN SALAD  
FRESH FRUITS

FALAFEL  
BUCKWHEAT  
APPLE & CARROTS  
SALAD  
STEAMED BROCCOLI  
FRESH FRUITS

FALAFEL  
ROASTED POTATO  
GREEN PEAS  
WHITE GARLIC BREAD  
FRESH FRUITS

FRIDAY

MOZZARELLA STICKS  
MASHED POTATO  
GARDEN SALAD  
WHITE BREAD  
FRESH FRUITS

MOZZARELLA STICKS  
ROASTED POTATO  
COLESLAW  
WHITE GARLIC BREAD  
FRESH FRUITS

MOZZARELLA STICKS  
GREEN PEAS  
CUCUMBER SALAD  
FRESH FRUITS

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