



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pork or Vegetable Fried Rice with Steamed Edamame and Fruit (DF, GF)
4 Chicken Nuggets or Tofu Nuggets, French Fries, and Veggies	5 Mongolian Beef or Mongolian Mushroom with Steamed White Rice and Stir-Fried Cabbage (DF, GF)	6 3rd Grade Performance @ Bellevue Square Chicken Paprikash or Tofu Paprikash with Egg Noodles and Vegetables	7 New England Clam Chowder or Mushroom Chowder with Cabbage Slaw and Dinner Roll	8 Cheese Pizza with Pizza House Salad and Italian Vinaigrette
11 Scrambled Eggs, Cheddar Cheese, Hashbrowns, Whole Wheat Toast, Jam, & Turkey or Meatless Sausage	12 Baked Spaghetti Bolognese or Baked Spaghetti with Marinara, Garlic Bread, and Roasted Vegetables	13 Spanakopita (Spinach and Feta Pie, Flaky Filo Dough) and Greek Salad (Chef Liam's Favorite Food)	14 Dajaj Mishwi (Lebanese Chicken) or Tofu Mishwi with Herbed Quinoa Pilaf, Toum, and Roasted Vegetables (GF, DF)	15 CHAPTER Membership Deadline Festival of Peace & Light @Hilton Bellevue. CHA Closes at 11. No Childcare.
18 Winter Break: No School, Childcare Provided Vegetable Gyoza with Steamed Rice, Stir-Fried Veggies, and Ponzu Dipping Sauce	19 Winter Break: No School, Childcare Provided Nouno's Yogurt Parfait with Granola, Seasonal Fruit, Turkey Sausage, Toast and Jam	20 Winter Break: No School, Childcare Provided Chinese Salt and Pepper Chicken Wings or Tofu, Sticky Rice, and Garlic Green Beans, with a side of Mild Chili Crisp (GF, DF)	21 Winter Break: No School, Childcare Provided Grilled Pork or Tofu Chops with Roasted Vegetables and Herbed Rice Pilaf (GF, DF)	22 Winter Break: No School, Childcare Provided Stuffed Baked Potato with Cheddar, Sour Cream, Pork Bacon or Meatless Bacon, and Green Onion (GF)
25 NO SCHOOL	26 Winter Break: No School, Childcare Provided Kale Pesto Gnocchi with Winter Squash and Salami or Kale Pesto Gnocchi with Winter Squash, Roasted Vegetables, & Cheesy Garlic Bread	27 Winter Break: No School, Childcare Provided British Shepherd's Pie or Gardener's Pie with Roasted Seasonal Veggies (GF)	28 Winter Break: No School, Childcare Provided Shrimp or Tofu Pad Kee Mao (Thai Drunken Noodle) with Grilled Eggplant and Jasmine Rice (GF, DF)	29 Winter Break: No School, Childcare Provided Whole Wheat Bean and Cheese Burrito with Mexican Brown Rice, Tortilla Chips, and Salsa

Month: December 2023

Date	Meal Name	Allergens	Ingredients list
12/1/23	Meal (M, GF, DF): Pork Fried Rice with Steamed Edamame and Fruit	Allergens: Egg, Soy, Legume, Sesame, Carrot	Ingredients: Pork, Onion, Carrot, Celery, Broccoli, Peas, Tamari Soy Sauce, Garlic, Egg, Jasmine Rice, Edamame, Canola Oil
	Meal (V, GF, DF): Vegetable Fried Rice with Steamed Edamame and Fruit	Allergens: Egg, Soy, Legume, Sesame, Carrot	Ingredients: Onion, Carrot, Celery, Broccoli, Peas, Tamari Soy Sauce, Garlic, Egg, Jasmine Rice, Edamame, Canola Oil, Tofu
12/4/23	Meal (M): Chicken Nuggets, French Fries, and Veggies	Allergens: Soy, Gluten, Dairy	Ingredients: Chicken, Cornstarch, Rice Flour, Wheat Flour, Potatoes, Vegetables, Soy Oil, BBQ Sauce, Buttermilk
	Meal (V): Tofu Nuggets, French Fries, and Veggies	Allergens: Soy, Gluten, Dairy	Ingredients: Tofu, Cornstarch, Rice Flour, Wheat Flour, Potatoes, Vegetables, Soy Oil, BBQ Sauce, Buttermilk
12/5/23	Meal (M, GF, DF): Mongolian Beef with Steamed White Rice and Stir-Fried Cabbage	Allergens: Soy, Sesame	Ingredients: Grass-Fed Beef, Onion, Scallion, Garlic, Ginger, Bell Pepper, Tamari Soy Sauce, Canola Oil, Brown Sugar, Sesame, Hoisin, Red Chili Flakes, Cornstarch
	Meal (V, GF, DF): Mongolian Mushroom with Steamed White Rice and Stir-Fried Cabbage	Allergens: Soy, Sesame	Ingredients: Portobello Mushroom, Onion, Scallion, Garlic, Ginger, Bell Pepper, Tamari Soy Sauce, Canola Oil, Brown Sugar, Sesame, Hoisin, Red Chili Flakes, Cornstarch
12/6/23	Meal (M): Chicken Paprikash with Egg Noodles and Vegetables	Allergens: Dairy, Soy, Gluten, Egg	Ingredients: Chicken, Onion, Garlic, Vegetable Broth, Paprika, Butter, Sour Cream, Rice Flour, Cornstarch, Egg Noodles, Vegetables
	Meal (V): Tofu Paprikash with Egg Noodles and Vegetables	Allergens: Dairy, Soy, Gluten, Egg	Ingredients: Chicken, Onion, Garlic, Vegetable Broth, Paprika, Butter, Sour Cream, Rice Flour, Cornstarch, Egg Noodles, Vegetables
12/7/23	Meal (M): New England Clam Chowder, Cabbage Slaw, Roll	Allergens: Gluten, Dairy, Soy, Shellfish, Egg, Carrot	Ingredients: Clams, Pork Bacon, Onions, Carrots, Celery, Sherry, Garlic, Cream, Rice Flour, Cornstarch, Roll, Cabbage, Mayonnaise, Lemon, Vinegar, Butter, Oil
	Meal (V): New England Mushroom Chowder, Cabbage Slaw, Roll	Allergens: Gluten, Dairy, Soy, Egg, Carrot	Ingredients: Mushrooms, Onions, Carrots, Celery, Sherry, Garlic, Cream, Rice Flour, Cornstarch, Roll, Cabbage, Mayonnaise, Lemon, Vinegar, Butter, Oil
12/8/23	Meal (V): Cheese Pizza with Pizza House Salad and Italian Vinaigrette	Allergens: Gluten, Dairy, Soy	Ingredients: Pizza Crust, Tomato Sauce, Lettuce, Mozzarella, Cabbage, Black Olives, Olive Oil, Vinegar, Herbs
12/11/23	Meal (M): Scrambled Eggs, Cheddar Cheese, Whole Wheat Toast, Jam, Hashbrowns, & Turkey Sausage	Allergens: Dairy, Egg, Soy, Gluten	Ingredients: Eggs, Cheddar Cheese, Potatoes, Butter, Turkey Sausage, Canola Oil, Whole Wheat Bread, Raspberry Jam

12/11/23	Meal (V): Scrambled Eggs, Cheddar Cheese, Whole Wheat Toast, Jam, Hashbrowns, & Meatless Sausage	Allergens: Dairy, Egg, Soy, Gluten	Ingredients: Eggs, Cheddar Cheese, Potatoes, Butter, Meatless Sausage, Canola Oil, Whole Wheat Bread, Raspberry Jam
12/12/23	Meal (M): Baked Spaghetti Bolognese, Garlic Bread, Roasted Vegetables	Allergens: Soy, Gluten, Dairy, Carrot	Ingredients: Ground Beef, Spaghetti, Tomato, Onion, Garlic, Celery, Carrot, Butter, Herbs, Bread, Olive Oil, Lemon, Parmesan, Vegetables
	Meal (V): Baked Spaghetti with Marinara, Garlic Bread, and Roasted Vegetables	Allergens: Dairy, Gluten, Soy, Carrot	Ingredients: Spaghetti, Butter, Parmesan, Tomato, Onion, Garlic, Celery, Carrot, Mozzarella, Cream, Milk, Dinner Roll, Vegetables
12/13/23	Meal (V): Spanakopita (Spinach and Feta Pie, Flaky Filo Dough) Greek Salad	Allergens: Soy, Gluten, Dairy, Egg	Ingredients: Spinach, Feta, Egg, Onions, Filo Dough, Milk, Flour, Tomato, Bell Pepper, Kalamata Olives, Cucumber, Mint
12/14/23	Meal (M, GF, DF): Dajaj Mishwi (Lebanese Chicken) with Herbed Quinoa Pilaf, Toum and Roasted Vegetables	Allergens: None	Ingredients: Chicken, Onion, Garlic, Olive Oil, Saffron, Pumpkin Seed, Lemon, Orange, Herbs, Warm Spices, Seasonal Vegetable
	Meal (V, GF, DF): Tofu Mishwi with Herbed Quinoa Pilaf, Toum and Roasted Vegetables	Allergens: Soy	Ingredients: Tofu, Onion, Garlic, Olive Oil, Saffron, Pumpkin Seed, Lemon, Orange, Herbs, Warm Spices, Seasonal Vegetable
12/18/23	Meal (V, DF): Vegetable Gyoza, Rice, Steamed Edamame, Vegetables, Ponzu Dipping Sauce	Allergens: Gluten, Soy, Legume, Sesame, Carrot	Ingredients: Cabbage, Wheat, Barley Flour, Carrot, Celery, Water Chestnut, Edamame, Sesame, Soy Sauce, Garlic, Ginger, Veggies
12/19/23	Meal (M, GF): Nouno's Yogurt Parfait with Granola, Seasonal Fruit, Turkey Sausage, Toast and Jam	Allergens: Dairy, Soy, Gluten	Ingredients: Nouno's Greek Yogurt, Granola, Honey, Seasonal Fruit, Bread, Butter, Turkey Sausage
	Meal (V, GF): Nouno's Yogurt Parfait with Granola, Seasonal Fruit, Turkey Sausage, Toast and Jam	Allergens: Dairy, Soy, Gluten	Ingredients: Nouno's Greek Yogurt, Granola, Honey, Seasonal Fruit, Bread, Butter, Meatless Sausage
12/20/23	Meal: (M): Chinese Salt and Pepper Chicken Wings, Sticky Rice, Garlic Green Beans, with side of Mild Chili Crisp	Allergens: Soy, Sesame	Ingredients: Chicken, Bell Peppers, Mild Chili, Garlic, Calrose Rice, Sesame, Green Beans, Green Onion, Canola Oil, Cornstarch, Salt, Black Pepper
	Meal: (V): Chinese Salt and Pepper Tofu, Sticky Rice, Garlic Green Beans, with side of Mild Chili Crisp	Allergens: Soy, Sesame	Ingredients: Chicken, Bell Peppers, Mild Chili, Garlic, Calrose Rice, Sesame, Green Beans, Green Onion, Canola Oil, Cornstarch, Salt, Black Pepper
12/21/23	Meal: (M): Grilled Pork Chops with Roasted Vegetables and Herbed Rice Pilaf	Allergens: Carrot	Ingredients: Pork Chops, Greens, Oregano, Garlic, Lemon, Paprika, Rice, Celery, Onion, Carrot, Turmeric
	Meal: (V): Grilled Tofu Chops with Roasted Vegetables and Herbed Rice Pilaf	Allergens: Carrot, Soy	Ingredients: Tofu, Greens, Oregano, Garlic, Lemon, Paprika, Rice, Celery, Onion, Carrot, Turmeric

12/22/23	Meal (M): Stuffed Baked Potato with Cheddar, Sour Cream, Pork Bacon, and Green Onion	Allergens: Dairy, Soy	Ingredients: Potato, Cheddar Cheese, Sour Cream, Pork Bacon, Green Onion
	Meal (V): Stuffed Baked Potato with Cheddar, Sour Cream, Meatless Bacon, and Green Onion	Allergens: Dairy, Soy	Ingredients: Potato, Cheddar Cheese, Sour Cream, Meatless Bacon, Green Onion
12/26/23	Meal (M): Kale Pesto Gnocchi with Winter Squash and Salami Roasted Vegetables & Cheesy Garlic Bread	Allergens: Gluten, Dairy, Soy, Egg	Ingredients: Gnocchi (Flour, Egg, Potato), Pork Salami, Kale, Squash, Garlic, Lemon, Parmesan, Olive Oil, Bread, Butter, Garlic, Herbs
12/26/23	Meal (V): Kale Pesto Gnocchi with Winter Squash, Roasted Vegetables & Cheesy Garlic Bread	Allergens: Gluten, Dairy, Soy, Egg	Ingredients: Gnocchi (Flour, Egg, Potato) Kale, Squash, Garlic, Lemon, Parmesan, Mozzarella, Olive Oil, Bread, Butter, Garlic, Herbs
12/27/23	Meal (M, GF): British Shepherd's Pie with Roasted Seasonal Vegetables	Allergens: Fish (Worcestershire), Dairy, Legume, Carrot	Ingredients: Lamb, Carrot, Peas, Onion, Celery, Potato, Cream, Butter, Garlic, Worcestershire, Ketchup, Cheddar
	Meal (V, GF): Gardener's Pie with Roasted Seasonal Vegetables	Allergens: Dairy, Legume, Carrot	Ingredients: Lentils, Carrots, Peas, Onions, Celery, Potatoes, Cream, Butter, Garlic, Balsamic, Ketchup, Cheddar
12/28/23	Meal (M, DF, GF): Shrimp Pad Kee Mao (Thai Drunken Noodle) with Grilled Eggplant and Jasmine Rice	Allergens: Fish, Shellfish, Soy	Ingredients: Rice Noodle, Garlic, Onion, Green Onion, Pumpkin Seed, Lime, Basil, Cilantro, Shrimp, Oyster Sauce, Hoisin Sauce, Eggplant, Chilies, Rice, Soy Sauce
12/28/23	Meal (V, DF, GF): Tofu Pad Kee Mao (Thai Drunken Noodle) with Grilled Eggplant and Jasmine Rice	Allergens: Soy	Ingredients: Rice Noodle, Garlic, Onion, Green Onion, Pumpkin Seed, Lime, Basil, Cilantro, Tofu, Hoisin Sauce, Eggplant, Chilies, Rice, Soy Sauce
12/29/23	Meal (V): Bean & Cheese Burritos, Mexican Rice, Tortilla Chips and Salsa	Allergens: Gluten, Dairy, Legume, Soy	Ingredients: Wheat Tortillas, Pinto Beans, Cheese, Rice, Tomato, Garlic, Bell Peppers, Onion, Celery, Tomato Paste, Vegetables, Tortilla Chips