



MARCH

2025 PRESCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Tagliarini Green Beans Buttered Kabocha Squash	4 Tandoori Chicken Steamed Rice Turmeric Cauliflower	5 Glazed Beef Meatloaf Peas with Pearl Onions Roll	6 Leek and Fontina Pasta Creamy Tomato Soup Broccoli	7 Swedish Chicken Meatballs Creamy Smashed Potatoes Peas & Carrots
10 Kale Basil Pesto with Gemelli Carrot Disks Canellini Beans with Tomato Basil	11 Mediterranean Turkey Meatballs Quinoa Couscous Pilaf Curried Veggies & Chickpeas	12 Miso Butter Chicken with Scallions Steamed Rice Baby Corn Edamame Peas & Carrots	13 Beef Ricotta Meatballs with Marinara Orzo Peas	14 Chicken Picatta Spaghetti Broccoli
17 Penne Tomato Mascapone Carrot Disks Parmesan Cup	18 Chicken Souvlaki Lemon Rice Greek Peas	19 Braised Beef with Tomato Basil Buttered Egg Noodles Buttered Kabocha	20 Roasted Chicken with Carrots & Parsnips Creamy Smashed Potatoes Broccoli	21 Caprese Foccacia Leek & Potato Soup Cauliflower
24 Carrot Mac and Cheese Roasted Whipped Butternut Squash Peas	25 Japanese Chicken Meatballs with Mushrooms, Fresh Ginger & Scallions Tamari Glaze Sauteed Asian Veggies Steamed Rice	26 Toasted Cheddar Sandwich Creamy Tomato Soup Peas with Parsley Sauce	27 Beef Sliders with Tomato Glaze Brioche Roll Broccoli	28 Chicken Marinara Dipping Sauce Ditalini with Broccoli & Garlic



MARCH

2025 GLUTEN FREE MENU



LITTLE GREEN GOURMETS

growing smart eaters

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>Beef Tagliarini with Gluten Free Pasta Green Beans Buttered Kabocha Squash</p>	<p>4</p> <p>Tandoori Chicken Steamed Rice Turmeric Cauliflower</p>	<p>5</p> <p>Glazed Beef Meatloaf Peas with Pearl Onions Roll</p>	<p>6</p> <p>Leek and Fontina Gluten free Pasta Creamy Tomato Soup Broccoli</p>	<p>7</p> <p>Swedish Chicken Meatballs Creamy Smashed Potatoes Peas & Carrots</p>
<p>10</p> <p>Kale Basil Pesto with Gemelli with Gluten Free Pasta Carrot Disks Canellini Beans with Tomato Basil</p>	<p>11</p> <p>Mediterranean Turkey Meatballs Quinoa Pilaf Veggie Chickpea Tikka Masala</p>	<p>12</p> <p>Miso Butter Chicken with Scallions Steamed Rice Baby Corn Edamame Peas & Carrots</p>	<p>13</p> <p>Beef Ricotta Meatballs with Marinara Roasted Potatoes Peas</p>	<p>14</p> <p>Chicken Picatta Gluten Free Pasta Broccoli</p>
<p>17</p> <p>Gluten Free Pasta Tomato Mascapone Carrot Disks Parmesan Cup</p>	<p>18</p> <p>Chicken Souvlaki Lemon Rice Greek Peas</p>	<p>19</p> <p>Braised Beef with Tomato Basil Gluten Free Pasta Buttered Kabocha</p>	<p>20</p> <p>Roasted Chicken with Carrots & Parsnips Creamy Smashed Potatoes Broccoli</p>	<p>21</p> <p>Gluten Free Pasta Leek & Potato Soup Cauliflower</p>
<p>24</p> <p>Carrot Mac and Cheese with Gluten Free Pasta Roasted Whipped Butternut Squash Peas</p>	<p>25</p> <p>Japanese Chicken Meatballs with Mushrooms, Fresh Ginger & Scallions Tamari Glaze Steamed Rice Sauteed Asian Veggies</p>	<p>26</p> <p>Quinoa Pasta Creamy Tomato Soup Peas with Parsley Sauce</p>	<p>27</p> <p>Beef Sliders with Tomato Glaze Roasted Potatoes Broccoli</p>	<p>28</p> <p>Parmesan Chicken Strips Marinara Dipping Sauce Gluten Free Pasta with Broccoli & Garlic</p>



MARCH

2025 DAIRY/EGG FREE MENU



LITTLE GREEN GOURMETS
growing smart eaters

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Tagliarini Green Beans Steamed Kabocha Squash	4 Curried Chicken Steamed Rice Turmeric Cauliflower	5 Glazed Beef Meatloaf Peas with Pearl Onions Roll	6 Leek Pasta Vegan Tomato Soup Broccoli	7 Swedish Chicken Meatballs Olive Oil Smashed Potatoes Peas & Carrots
10 Vegan Kale Basil Pesto with Gemelli Carrot Disks Canellini Beans with Tomato Basil	11 Mediterranean Turkey Meatballs Quinoa Couscous Pilaf Veggie Chickpea Tikka Masala	12 Miso Chicken with Scallions Steamed Rice Baby Corn Edamame Peas & Carrots	13 Beef Meatballs with Marinara Orzo Peas	14 Chicken Picatta Spaghetti Broccoli
17 Penne Marinara Carrot Disks	18 Chicken Souvlaki Lemon Rice Greek Peas	19 Braised Beef with Tomato Basil Gemelli Pasta Buttered Kabocha	20 Roasted Chicken with Carrots & Parsnips Olive Oil Smashed Potatoes Broccoli	21 Tomato-y Focaccia Leek & Potato Soup Cauliflower
24 Lemon Miso Pesto Pasta Roasted Whipped Butternut Squash Peas	25 Japanese Chicken Meatballs with Mushrooms, Fresh Ginger & Scallions Tamari Glaze Steamed Rice Sautéed Asian Veggies	26 Toasted Tofu Sandwich Vegan Tomato Soup Peas with Parsley Sauce	27 Beef Sliders with Tomato Glaze Roll Broccoli	28 Chicken Strips Marinara Dipping Sauce Ditalini with Broccoli & Garlic



MARCH

2025 PRESCHOOL VEGETARIAN



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Setain Tagliarini Green Beans Buttered Kabocha Squash	4 Tandoori Paneer & Chickpeas Steamed Rice Turmeric Cauliflower	5 Glazed Mushroom 'Meat'loaf Peas with Pearl Onions Roll	6 Leek and Fontina Pasta Creamy Tomato Soup Broccoli	7 Swedish Mushroom 'Meat'balls Creamy Smashed Potatoes Peas & Carrots
10 Kale Basil Pesto with Gemelli Carrot Disks Canellini Beans with Tomato Basil	11 Mushroom 'Meat'balls Quinoa Couscous Pilaf Curried Veggies & Chickpeas	12 Miso Butter Tofu with Scallions Steamed Rice Baby Corn Edamame Peas & Carrots	13 Spinach Ricotta 'Meat'balls with Marinara Orzo Peas	14 Braised White Beans with Carrots & Parsnips Spaghetti Broccoli
17 Penne Tomato Mascapone Carrot Disks Parmesan Cup	18 Halloumi with Lemon & Garlic Chickpeas Lemon Rice Greek Peas	19 Braised Whitebeans with Tomato Basil Buttered Egg Noodles Buttered Kabocha	20 Quinoa Fritters Creamy Smashed Potatoes Broccoli	21 Caprese Foccacia Leek & Potato Soup Cauliflower
24 Carrot Mac and Cheese Roasted Whipped Butternut Squash Peas	25 Teriyaki Tofu Sauteed Asian Veggies Steamed Rice	26 Toasted Cheddar Sandwich Creamy Tomato Soup Peas with Parsley Sauce	27 Mushroom Sliders with Tomato Glaze Brioche Roll Broccoli	28 Chickpea Fritters Ditalini with Broccoli & Garlic Marinara Dipping Sauce