



Lunch Menu October 2016

Steamed rice, furikake, salad dressing and salad condiments also included with Set Lunch

Soup not included in Bento Lunch

Notices regarding bento/delivery order process

Monday		Tuesday		Wednesday		Thursday		Friday	
Chicken Pepper Steak 3 Vegan Bell Pepper Tofu Sweet Corn Bread Roasted Carrots w. Thyme Ham & Pea Mixed Fruits		HoneyRoasted Ham 4 Candied Vegetarian Ham Loaf Mashed Sweet Potatoes Mixed Vegetables Vegetable Chowder Pear Pie Bars		Butter Chicken 5 Vegetable Cous Cous Naan Bread w. Hummus Curried Peas w. Onions Lentil Soup Coconut Flan		Nikujaga 6 Atsuage Kinokoankake Hakusai & Bean Thread Nimono Spinach Gomae Miso Soup Mandarin Jelly		Cajun Chicken Burgers on Wheat Buns 7 Cajun Grilled Vegetable Burgers Roasted Bayou Potatoes Louisiana Skillet Vegetable Medley Bean & Sausage Soup Carrot Cake	
Cal.: 718	Prot.: 29	Cal.: 831	Prot.: 24	Cal.: 749	Prot.: 30	Cal.: 622	Prot.: 17	Cal.: 775	Prot.: 33
Chicken w. Enchilada Sauce 10 Mixed Bean Enchiladas Tortilla Chips with Cheese Sauce Mixed Mexican Vegetables Pozole Fresh Bananas		Oregano Pork 11 Falafel w. Red Onion & Pepper Salsa Baked Potatoes w. 3 Healthy Toppings Zucchini Provencal Vegetable Macaroni Soup Caramel Custard		Chefs Catch of the Day 12 Mac N Cheese Hand Breaded Chicken Fingers Garlic Green Beans Loaded Potato Soup Berry Yogurt		Beef Lasagna 13 Vegetarian Lasagna Crispy Focaccia Eggplant w. Mushroom & Peppers Minestrone Soup Chocolate Cake		B.B.Q. Chicken Pizza 14 Margarita Pizza Creamy Ranch Pasta Broccoli Sauté Vegetable Soup Apple Crumb Cake	
Cal.: 768	Prot.: 36	Cal.: 894	Prot.: 25	Cal.: 910	Prot.: 38	Cal.: 869	Prot.: 31	Cal.: 876	Prot.: 35
Roast Pork Teriyaki 17 Vegetable Udon Vegetarian Spring Rolls w. Dipping Sauce Gobo & Carrot Sauté Clear Mushroom Soup Orange Wedges		Beef Stroganoff 18 Vegetable Bourguignon Garlic Buttered Noodles Cauliflower w. Carrots Potato & Leek Soup Very Berry Pancakes		Chicken Cacciatore w. Mushrooms 19 Pesto Spaghetti Buttered Vienna Rolls Roasted Root Vegetables Broccoli Soup Fruit Cocktail		Cezars Roast Day 20 Stuffed Eggplant Rolls w. Marinara Sauce Rosemary Potatoes Autumn Vegetable Medley Mushroom & Spinach Soup Banana Cake		Juicy Beef Burgers 21 Vegetarian Burgers Sweet Potato Fries Mixed Mushrooms Tomato Vegetable Soup Chef's Jelly	
Cal.: 797	Prot.: 29	Cal.: 772	Prot.: 38	Cal.: 735	Prot.: 31	Cal.: 887	Prot.: 35	Cal.: 721	Prot.: 28
Chicken Yakiniiku 24 Grilled Japanese Vegetables Shumai w. Dipping Sauce Braised Fall Cabbage Wakame Soup Sliced Melon		Country Fried Beefsteak w. Pepper Gravy 25 Stuffed Eggplant Rolls w. Vegetable Gravy Roasted Garlic & Parsley Mashed Potatoes Spinach w. Maitake & Caramelized Onions Corn Chowder Apple Crumble		School Holiday 26		School Holiday 27		School Holiday 28	
Cal.: 807	Prot.: 30	Cal.: 787	Prot.: 24						
B.B.Q. Skeleton Ribs 31 Shohei's Mummy Stuffed Potatoes Cheesy Witches Broomsticks Roasted Jack-O'-Lantern Boil & Bubble Soup Cauldron Spider Web Brownies									
Cal.: 901	Prot.: 36								