



Lunch Menu January 2017

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
2	3	4	School Holiday 5	School Holiday 6
Hamburg w. Shitake Sauce 9 Vegetarian Hamburg Mashed Sweet Potatoes Steamed Broccoli Chicken Noodle Soup Fruit Crumble	Mandarin Chicken 10 Veg Chop Sueyw. Fried Noodles Shumai w. Dipping Sauce Braised Chinese Cabbage w. Mushroom Egg Drop Soup Mango Mousse	Pork Fajitas 11 Bean & Mixed Vegetable Fajitas Tortillas & Salsa Bar Mexican Vegetables Tortilla Soup Tres Leches	Barbeque Chicken 12 Ratatouille Baked Potato w. 3 Healthy Toppings Buttered Corn Minestrone Soup Fresh Fruit	Kimchi Pork 13 Japchae Chijimi Namuru Veggies Wakame Soup Berry Yogurt
Cal.: 816 Prot.: 38	Cal.: 775 Prot.: 38	Cal.: 928 Prot.: 34	Cal.: 712 Prot.: 28	Cal.: 830 Prot.: 26
Spaghetti & Meatballs 16 Pasta Bosciola Eggplant Parmesan Buttered Green Beans Italian Wedding Soup Mixed Fruit	Chili Con Carne 17 Mixed Bean Chili Nachos Roasted Corn Tex Mex Soup Cinnamon Bread Pudding	Early Dismissal 18 Professional Development Day For Teachers Set Luncheon ----- -----	Chef's Roast 19 Mixed Vegetable Gratin Mashed Potatoes & Gravy Green Beans w. Thyme Butter Cream Corn Soup Chocolate Cake	Beef Lasagna 20 Vegetarian Lasagna Garlic Bread Cauliflower & Carrot Sauté Tomato Soup Panna Cotta
Cal.: 820 Prot.: 32	Cal.: 782 Prot.: 31	Cal.: ----- Prot.: -----	Cal.: 947 Prot.: 44	Cal.: 699 Prot.: 30
Japanese Curry 23 Vegetarian Curry Croquettes Spinach & Tofu Stir-fry Tonjiru Fruit Jelly	Gyudon 24 Oden Style Veggies Baked Pumpkin Salted Sesame Green Beans Miso Soup Seasonal Fruit Crisp	Chicken Enchiladas 25 Red Bean Chili Corn Bread Chefs Vegetables Crema de Frijoles Mixed Fruits	Juicy Beef Burgers 26 Grilled Vegetable Burgers Oven Baked Potato Wedges Mixed Mushrooms Swiss Onion Soup Fresh Bananas	Meat Pizza 27 Vegetarian Pizza Pasta Basil Sauce Vegetables of the Day Minestrone Zabaglioni
Cal.: 911 Prot.: 43	Cal.: 769 Prot.: 25	Cal.: 741 Prot.: 32	Cal.: 711 Prot.: 36	Cal.: 928 Prot.: 33
Spaghetti Amatriciana (Pork 30 Tomato Sauce) Spaghetti Florentine Cheesy Bread Rolls Roasted Ratatouille Creamy Edamame Fruit Cocktail	Honey Mustard Grilled 31 Chicken Squash, Butter Bean & Mushroom Gratin Rosemary & Olive Oil Polenta Buttered Spinach Roasted Garlic & Eggplant Mixed Berry Cobbler			
Cal.: 799 Prot.: 22	Cal.: 912 Prot.: 32			