



Lunch Menu February 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
		Spaghetti w. Meat Balls 1 Nutritious Zucchini Meatballs Tomato Rosemary Bread Spinach w. Garbanzo & Red Onions Tomato Basil Soup Panacotta Cal.: 755 Prot.: 33	Tandoori Chicken 2 Vegetarian Shammi Kebabs Cous Cous Indian Vegetables Chunky Vegetable Soup Fruit Yoghurt Cal.: 781 Prot.: 37	Juicy Beef Hamburger 3 Grilled Vegetable Burger Crispy Potatoes Steamed Broccoli & Cauliflower Mushroom Soup Fruit Cobbler Cal.: 747 Prot.: 38
Ginger Pork 6 Yaki Udon Crispy Tofu in Miso Yuzu Sauce Soy Glazed Eggplant Japanese Consommé Fresh Mikan Cal.: 755 Prot.: 33	Bolognese Pasta 7 Pasta Primavera Herb Rolls Steamed Broccoli Minestrone Soup Zuppa Ingles (Italian Custard) Cal.: 727 Prot.: 29	B.B.Q. Chicken Pizza Subs 8 Vegetarian Pizza Subs Spinach & Mushroom Pasta Steamed Broccoli Vegetable Soup Fresh Fruit Jelly Cal.: 753 Prot.: 36	Pork & Pineapple Tacos 9 Vegetable Fajitas Flour Tortillas w. Salsa Mexicali Vegetables Chicken & Lime Soup Coconut Cake Cal.: 758 Prot.: 31	School Holiday 10
Pork Bulgogi 13 Chapuche Chijimi Namuru Vegetables Wakame soup Mixed Fruit Cal.: 826 Prot.: 28	Butter Chicken 14 Vegetable Curry Naan Bread Roasted Pumpkin Lentil Soup Berry w. Yogurt Cal.: 758 Prot.: 29	Smoked Salmon & Mushroom Pepperoncino Pasta 15 3 Cheese Macaroni Gratin Vienna Rolls Ratatouille Tomato Bean Soup Sliced Melon Cal.: 766 Prot.: 28	School Holiday 16	School Holiday 17
Barbeque Chicken 20 Potato Gratin Corn Bread Glazed Carrot Cream of Vegetable Fresh Oranges Cal.: 820 Prot.: 31	Chef's Curry 21 Vegetable Curry Vegetable Croquettes Steamed Spinach Miso Soup Mango Pudding Cal.: 792 Prot.: 37	Italian Chicken 22 Stuffed Zucchini Pomodoro Ciabatta Bread Mediterranean Vegetables Carrot Soup Mixed Berry Crumble Cal.: 742 Prot.: 31	Chef's Roast Day 23 Roasted Vegetables Mash Potato Corn on the Cob French Onion Soup Chocolate Cake Cal.: 893 Prot.: 33	Beef Lasagna 24 Vegetable Lasagna Focaccia Italian Vegetables Tuscan Bean Soup Chef's Custard Cal.: 814 Prot.: 31
Chefs Hamburg 27 Tofu Hamburg Buttered Corn Green Beans Cauliflower Potage Fresh Fruit Cal.: 811 Prot.: 37	Chefs Pizza 28 Spinach and Mushroom Alfredo Pizza Spaghetti Napolitano Rosemary Carrot Spinach Soup Fruit Custard Cal.: 832 Prot.: 30			