



Lunch Menu March 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
		Herb Crusted Cod 1 Baby Potatoes & Grilled Vegetables Chicken Fingers w. Honey Mustard Sauce Buttered Corn Tomato Basil Soup Fruit Jelly Cal.: 868 Prot.: 39	Teriyaki Chicken 2 Stir Fry Vegetables & Tofu Shumai w. Dipping Sauce Green Beans with Sesame Sweet Corn Soup Fresh Sliced Fruit Cal.: 780 Prot.: 40	Spicy Tuna Vegetable Melts 3 Spinach, Egg & Cheese Melt Italian Skillet Vegetable Penne Pasta Zucchini Provençal Chunky Vegetable Soup Profiteroles Cal.: 918 Prot.: 25
Herb Chicken 6 Seasonal Vegetable Gratin Baked Potato with 3 Healthy Toppings Green Beans w. Carrots Creamy Mushroom soup Fruit Cocktail Cal.: 805 Prot.: 35	Stir fry Beef & Broccoli 7 Szechuan Green Bean & Tofu Stir Fry Asian Vegetable Noodles Snow Peas w. Mushrooms Egg Drop Soup Mikan Cal.: 643 Prot.: 40	Tetrazzini Spaghetti (Grilled Chicken & Mushroom) 8 Pasta with Tomato Sauce Garlic Bread Mediterranean Vegetables Italian Vegetable Soup Berry Yoghurt Cal.: 687 Prot.: 32	Beef Lasagna 9 Vegetable Lasagna Focaccia Italian Vegetables Minestrone Soup Chocolate Cake Cal.: 825 Prot.: 36	Pasta Frutti Di Mare (Seafood Pasta) 10 Grilled Vegetable Pasta Crispy European Bread Mixed Vegetables w. Peppers Bean Soup w. Tomato & Spinach Italian Custard Cal.: 681 Prot.: 31
Santa Fe Beefsteak Fajitas 13 Grilled Vegetable Fajitas Tortillas w. Salsa Bar Mexican Corn Beansoup w. Chili & Lime Sliced Pineapple Cal.: 832 Prot.: 35	Greek Style Grilled Chicken 14 Falafel Oregano & Olive Oil Potatoes Spinach w. Garbanzo & Red Onions Lentil Soup Lemon Pudding Cal.: 911 Prot.: 39	Chefs Curry 15 Vegetable Curry Potato Croquettes Sauteed Greens Miso Soup Yuzu Mousse Cal.: 832 Prot.: 36	Pesto Chicken Pizza 16 Tomato & Basil Pizza Pasta Primavera Mixed Mushrooms & Eggplant Sicilian Vegetable Soup Mixed Berry Pie Bars Cal.: 919 Prot.: 43	Catch of the Day 17 Shells N Cheese Pasta Primavera Oven Baked Karaage Daily Vegetable Vegetable Bisque Peach Melba Cal.: 919 Prot.: 43
Tandoori Chicken 20 Vegetable Makhanni Pita & Hummus Roasted Pumpkin Pepper Hot Pot Soup Mango Yogurt Cal.: 668 Prot.: 34	Beef Nachos 21 Vegetable w. Charro Beans Crispy Tortilla Chips & Cheese Sauce Grilled Peppers & Onion Mexicali Soup Mandarin Jelly Cal.: 782 Prot.: 39	Cajun Chicken Burgers 22 Cajun Grilled Vegetable Burgers Spicy Roasted Potatoes Louisiana Skillet Vegetables Spicy Bean & Sausage Soup Banana Cake Cal.: 852 Prot.: 36	Chef's Roast Day 23 Veggie Lentil Loaf Butter Rolls Roasted Root Vegetables French Onion Soup Frosty Strawberry Squares Cal.: 686 Prot.: 29	Teriyaki Salmon 24 Roasted Vegetable w. Ginger Cous Cous Crispy Chicken Bites w. Thai Chili Sauce Bok Choy w. Mushrooms & Peppers Carrot & Ginger Soup Caramelized Pears Cal.: 820 Prot.: 45
School Holiday 27	School Holiday 28	School Holiday 29	School Holiday 30	School Holiday 31