



Lunch Menu April 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
Beef Nachos 3 Char's (Beans w. Vegetables) Crispy Tortilla Chips & Cheese Sauce Grilled Peppers & Onions Mexicali Soup Fresh Bananas	Butter Chicken 4 Roasted Vegetable Cous Cous Naan Bread w. Hummus Spiced Carrots Pepper Hot Pot Soup Mango Pudding	Spaghetti Bolognese 5 Spaghetti Arrabiata Herb Rolls Eggplant w. Zucchini & Mushrooms Carrot & Fresh Herb Soup Fruit Cocktail	Chicken Karaage 6 Tofu Karaage Vegetable Yakisoba Japanese Mixed Vegetables Aburaage & Spinach Soup Chefs Jelly	Chefs Curry 7 Vegetable Curry Potato Croquettes Chefs Vegetables Miso Soup Summer Sliced Melon
Cal.: 794 Prot.: 39	Cal.: 709 Prot.: 29	Cal.: 694 Prot.: 26	Cal.: 852 Prot.: 35	Cal.: 825 Prot.: 42
Chicken Yakiniku 10 Grilled Japanese Vegetables Yaki Gyoza w. Dipping Sauce Sweet Spring Cabbage Wakame Soup Orange Wedges	Meat Loaf w. Gravy 11 Savory Lentils Butter Rolls Glazed Carrots Tomato Basil Soup Pear Pie Bars	Chicken Parmesan 12 Eggplant Parmesan Garlic & Parsley Buttered Noodles Sauteed Green Beans Creamy Spinach Soup Tiramisu Custard	Cezars HealthyBurger Day 13 Roasted Vegetable Burgers Crispy Potatoes Carrot & Onion Fries Vegetable Soup Banana Cake	No School 14 Good Friday --- --- --- ---
Cal.: 760 Prot.: 32	Cal.: 669 Prot.: 29	Cal.: 842 Prot.: 39	Cal.: 805 Prot.: 38	
Roast Pork Teriyaki 17 Vegetable Udon Vegetarian Spring Rolls w. Dipping Sauce Kinpira Gobo Clear Mushroom Soup Fruit Yogurt	Shiozake Salmon 18 Crispy Tofu w. Citrus Miso Sauce Spinach Ohitashi Pickled Cucumbers & Tomatoes Wakame Soup Melon Jelly	Early Dismissal 19 Teachers Professional Development Day Luncheon	Chefs Roast Day 20 Vegetarian Meatless Loaf Roasted Potatoes Summer Grilled Vegetables Minestrone Soup Brownies	Meat Lovers Pizza 21 Margarita Pizza Penne w. Pesto Cream Sauce Mixed Italian Vegetables Tomato Basil Soup Raspberry Pannacotta
Cal.: 775 Prot.: 28	Cal.: 566 Prot.: 24		Cal.: 901 Prot.: 35	Cal.: 752 Prot.: 28
Thai Holy Basil Chicken 24 Green Vegetarian Curry Vegetable Pad Thai Stir Fry Spinach Tom Yum Soup Coconut Tapioca	Soyand Mirin Braised Pork 25 Grilled Tofu & Vegetables Okonomiyaki Edamame Gornae Sweet Corn Soup Mikan Jelly	BBQ Chicken 26 Vegetarian Chili Roasted Root Vegetables Sautéed Cabbage Smoky Beef Vegetable Soup Yogurt Sponge	B.B.Q. Pulled Pork Sandwich 27 B.B.Q. Chick Pea Burger Potato Wedges w. Spring Onions & Sour Cream Buttered Corn Chicken & Dumpling Soup Sliced Pineapple	Beef Lasagna 28 Vegetarian Lasagna Garlic Bread Steamed Broccoli Italian Vegetable & Tomato Soup Peach Melba
Cal.: 935 Prot.: 39	Cal.: 846 Prot.: 35	Cal.: 945 Prot.: 35	Cal.: 818 Prot.: 33	Cal.: 612 Prot.: 28