



## Lunch Menu May 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	
<b>Herb Chicken Stuffed Zucchini w. Pomodoro Sauce</b> 1 Roasted Vegetable Pasta Spinach Sauté Tomato Basil Soup Mixed Berry Yogurt		<b>Demi Hamburg Vegetarian Hamburg</b> 2 Home Fries (Oven Baked) Glazed Carrots Leek & Potato Soup Fresh Fruit		<b>Chicken Enchiladas w. Red Sauce</b> 3 <b>Vegetable Cheese Quesadillas</b> Corn Chips & Salsa Bar Mexicali Vegetables Tortilla Soup Sliced Pineapple		<b>Pork Loin w. Bell Peppers Meatless Vegetarian Loaf</b> 4 Herb Roasted Potatoes Grilled Vegetables Creamy Corn Soup Vanilla Cake		School Holiday 5	
Cal.: 828	Prot.: 38	Cal.: 832	Prot.: 31	Cal.: 720	Prot.: 25	Cal.: 881	Prot.: 35		
<b>Weekly Special: Spaghetti and Meatballs</b>									
<b>Teriyaki Chicken Tofu &amp; Mushroom Stir Fry</b> 8 Shumai w. Dipping Sauce Chinese Broccoli w. Peppers Miso Soup Orange Wedges		<b>Mabo Nasu Wok Sauteed Vegetables w. Noodles</b> 9 Veggie Spring Rolls Summer Greens Stir Fry Egg Drop Soup Coconut Fruit Tapioca		<b>Grilled Lemon Chicken Mixed Bean Stuffed Peppers</b> 10 Roasted Vegetable Zucchini w. Tomatoes & Onions Tex Mex Garbanzo Soup Pineapple Upside Down Cake		<b>Spaghetti and Meatballs Spinach Alfredo Pasta</b> 11 French Bread Rolls Mixed Italian Vegetables Vegetable Soup Raspberry Mousse		<b>B.B.Q. Chicken Pizza Subs Margarita Pizza Subs</b> 12 Summer Vegetable Pasta Skillet Italian Vegetables Broccoli Soup Caramelized Pears	
Cal.: 721	Prot.: 39	Cal.: 814	Prot.: 28	Cal.: 855	Prot.: 30	Cal.: 814	Prot.: 28	Cal.: 757	Prot.: 28
<b>Weekly Special: Thai Curry</b>									
School Holiday 15		<b>Tonkatsu Vegetable Yakisoba</b> 16 Zucchini w. Sesame Ponzu Stir Fried Vegetables- Kenchinjiru Castella Cake		<b>Greek Style Chicken Falafel</b> 17 Pita Bread w. Tzatziki Sauce Spinach w. Garbanzo & Red Onions Lentil Soup Lemon Pudding		<b>Chicken Fajitas Vegetarian Fajitas</b> 18 Flour Tortillas & Salsa Mixed Mexican Vegetables Mexicali Soup Fresh Bananas		<b>Lasagna Vegetarian Lasagna</b> 19 Focaccia Greens Beans & Mushrooms Minestrone Soup Fruit Jelly	
		Cal.: 883	Prot.: 43	Cal.: 785	Prot.: 35	Cal.: 810	Prot.: 29	Cal.: 767	Prot.: 30
<b>Weekly Special: Gapao</b>									
<b>Soramame, Chicken &amp; Tomato Pasta Pasta Primavera</b> 22 Eggplant Parmesan Grilled Italian Vegetables Vegetable Soup Fruit Cocktail		<b>Mini Chicken Burgers on Wheat Buns Harvest Fresh Grilled Veg. Paninni</b> 23 Sweet Potato Fries Spinach Gratin Mixed Bean w. Bacon Strawberry Jelly		<b>Catch of the Day Mac N Cheese</b> 24 Roasted Potatoes Mixed Vegetables w. Tomatoes Barley Soup Chocolate Cake		<b>Chefs Roast Day Ratatouille</b> 25 Broccoli & Cheese Gratin Green Beans Cream of Spinach Chocolate Cake		<b>Chicken Sausage Pizza Cheese Pizza</b> 26 Pasta Napolitano Vegetable Medley Italian Wedding Soup Panacotta	
Cal.: 731	Prot.: 29	Cal.: 835	Prot.: 34	Cal.: 771	Prot.: 40	Cal.: 759	Prot.: 33	Cal.: 682	Prot.: 24
<b>Weekly Special: Chefs Curry</b>									
<b>Chili Con Carne Mixed Bean Chili</b> 29 Moist Corn Bread Steamed Broccoli Tomato Bean Soup Caramel Flan		<b>Hariyali Chicken Tikka Vegetable Curry</b> 30 Naan Bread Mixed Vegetable Masala Cauliflower & Turmeric Mango Yogurt		<b>Sweet &amp; Sour Pork Vegetable Chop Suey</b> 31 Gyoza w. Dipping Sauce Chinese Cabbage Hot & Sour Soup Sliced Melon					
Cal.: 709	Prot.: 30	Cal.: 887	Prot.: 45	Cal.: 793	Prot.: 32				