



Lunch Menu September 2017

Steamed rice, furikake, salad dressing and salad condiments also included w ith Set Lunch

Soup **not included** in Bento Lunch

Notices regarding bento/delivery order process

Monday	Tuesday	Wednesday	Thursday	Friday
				Beef Fajitas 1 Mixed Bean & Vegetable Chili Flour Tortillas & Salsa Mixed Peppers & Onion Mexi-Cali Corn Soup Sliced Pineapple Cal.: 806 Prot.: 32
Herb Chicken 4 Fall Harvest Roasted Vegetables Baked Potato w. 3 Healthy Condiments Buttered Broccoli Split Pea Soup Watermelon Cal.: 752 Prot.: 34	Spaghetti Bolognese 5 Spaghetti Alfredo Vienna Rolls Mediterranean Vegetables Broccoli Soup Chocolate Mousse Cal.: 764 Prot.: 26	Teriyaki Chicken 6 Vegetable Yakisoba Shumai w. Dipping Sauce Snow Peas w. Bell Peppers Miso Soup Mikan Jelly Cal.: 778 Prot.: 39	Juicy Beef Hamburgers 7 Fresh Grilled Vegetable Hamburgers Crispy Potatoes Mixed Mushrooms Vegetable Soup Fruit Salad Cal.: 660 Prot.: 34	B.B.Q. Chicken Pizza Subs 8 Tomato & Cheese Pizza Subs Skillet Vegetables w. Penne Pasta Chefs Vegetables Cream of Mushroom Soup Brownies Cal.: 772 Prot.: 30
Weekly Special: Coconut Curry				
Vegetable Sausage Casserole 11 Harvest Grilled Vegetable Patties German Potatoes Braised Greens Swiss Onion Soup Apple Crumble Cal.: 827 Prot.: 34	Japanese Curry 12 Vegetable Curry Vegetable Croquettes Edamame Wakame Soup Sliced Melon Cal.: 817 Prot.: 39	Thai Holy Basil Chicken 13 Green Vegetarian Curry Pad Thai Stir Fry Spinach Tom Yum Soup Coconut Cake Cal.: 918 Prot.: 46	Miso Pork 14 Crispy Tofu & Mushroom Stir Fry Baked Pumpkin Sautéed Lotus Root w. Snap Peas Suimono Fruit Cocktail Cal.: 817 Prot.: 36	Meat Loaf w. Gravy 15 Healthy Vegetables w. Beans Potatoes w. Sour Cream & Spring Onions Roasted Carrots Tomato Basil Soup Peach Melba Cal.: 852 Prot.: 33
Weekly Special: Spicy Cajun Chicken				
Back to School Day for Parents 18	Braised Beef w. Melted Onions 19 Vegetable Bouquetiere Roasted Potatoes Green Beans Corn Bisque Choux Cream Cal.: 925 Prot.: 32	Salmon w. Lemon Sauce 20 Lo Mein Crispy Chicken Bites w. Asian Sauce Bok Choy w. Mushrooms & Peppers Carrot & Ginger Soup Caramelized Pears Cal.: 704 Prot.: 35	Cezars Roast Day 21 Roasted Seasonal Vegetables Butter Rolls Buttered Corn French Onion Soup Pumpkin Pie Bars Cal.: 716 Prot.: 29	Early Dismissal Professional Day for Teachers 22
Weekly Special: Titans Protein Power Special				
Chicken Chili 25 Mixed Bean Chili Crispy Chips & Cheese Sauce Summer Roasted Vegetables Garbanzo w. Vegetable Soup Orange Wedges Cal.: 756 Prot.: 37	Chefs Curry 26 Vegetable Curry Naan Bread w. Hummus (Turlu Turlu) Mixed Turkish Vegetables Cauliflower w. Turmeric Soup Mango Yogurt Cal.: 777 Prot.: 41	Chicken Hamburg w. Demi Tofu Hijiki Hamburg 27 Rosemary Potatoes Vegetable Medley Corn Chowder Mixed Fruit Crumble Cal.: 864 Prot.: 44	Beef Lasagna 28 Vegetable Lasagna Crispy Focaccia Broccoli w. Carrots & Mushrooms Minestrone Soup Strawberry Panna Cotta Cal.: 848 Prot.: 31	Chicken Karaage 29 Tofu Karaage Black Garlic Noodles w. Shitake Japanese Mixed Vegetables Aburaage & Spinach Soup Fruit Jelly Cal.: 846 Prot.: 27
Weekly Special: Spaghetti and Meatballs				