



Lunch Menu October 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	
Butter Chicken 2 Roasted Vegetable Cous Cous Pita Bread w. Tzatziki Curried Peas w. Onions Lentil Soup Coconut Flan		Santa Fe Pork Fajitas 3 Mixed Vegetable Bean Fajitas Tortillas w. Salsa Bar Mexican Corn Garbanzo Soup Sliced Pineapple		Chicken Cacciatore w. Mushrooms 4 Pesto Spaghetti Herb Rolls Roasted Vegetables Broccoli Soup Fruit Cocktail		Nikujaga 5 Atsuage Kionoankake Hakusai & Bean Thread Nimono Spinach Gomae Miso Soup Mikan Jelly		Cajun Beef Burgers 6 Grilled Vegetable Burgers Spicy Potatoes Louisiana Skillet Vegetables Bean & Sausage Soup Apple Crumb Cake	
Cal.: 803	Prot.: 32	Cal.: 790	Prot.: 32	Cal.: 666	Prot.: 27	Cal.: 823	Prot.: 32	Cal.: 827	Prot.: 36
Weekly Special: Barbecued Chicken									
School Holiday 9		Spaghetti w. Meatballs 10 Mushroom Alfredo Pasta Crispy Cheese Rolls Broccoli w. Cauliflower & Mushrooms Tuscan Soup Ribollita Berry Cobbler		Chicken Enchiladas 11 Refried Bean Enchiladas Crispy Chips w. Cheese Sauce Mixed Mexican Vegetables Pozole Fresh Bananas		Meat Lovers Pizza 12 Margarita Pizza Creamy Pesto Pasta Mixed Peppers w. Autumn Vegetables Italian Wedding Soup Melon Jelly		Mandarin Chicken 13 Black bean Tofu Vegetable Lo Mein Broccoli Stir Fry Egg Drop Soup w. Greens Mango Mousse	
		Cal.: 803	Prot.: 34	Cal.: 768	Prot.: 36	Cal.: 674	Prot.: 29	Cal.: 792	Prot.: 33
Weekly Special: Thai Green Curry									
Chicken Nimono 16 Sweet Potato Stir-Fry Vegetable Yakisoba Spinach Ohitashi Aburaage Soup Mikan		Salisbury Steak 17 Vegetable Cassoulet French Rolls Green Beans w. Crispy Onions Potato Bisque Caramelized Pears		Chicken Yakiniku 18 Grilled Japanese Vegetables Spring Rolls w. Dipping Sauce Braised Fall Cabbage Wakame Soup Sliced Melon		Cezars Roast Day 19 Eggplant Rolls w. Marinara Sauce Rosemary Potatoes Autumn Vegetable Medley Spinach and Mushroom Soup Fresh Fruit		Beef Lasagna 20 Vegetable Lasagna Herb Focaccia Eggplant w. Mushrooms & Peppers Minestrone Chocolate Cake	
Cal.: 872	Prot.: 45	Cal.: 642	Prot.: 27	Cal.: 780	Prot.: 38	Cal.: 747	Prot.: 32	Cal.: 828	Prot.: 33
Weekly Special: Pasta Carbonara									
Chicken Stroganoff 23 Vegetable Mushroom Stroganoff Parsley Buttered Noodles Green Beans w. Carrots Cream of Garlic & Eggplant Soup Italian Custard Brulee		Chefs Curry 24 Vegetable Curry Potato Croquettes Buttered Corn Miso Soup Orange Wedges		School Holiday 25		School Holiday 26		School Holiday 27	
Cal.: 868	Prot.: 36	Cal.: 871	Prot.: 40						
Weekly Special: Pasta Arrabiata									
Chicken Pepper Steak 30 Vegetarian Bell Pepper Tofu Sweet Corn Bread Roasted Carrots w. Thyme Ham & Bean Soup Mixed Fruit		Ghoulish Ghoulash 31 Mummy Stuffed Sweet Potatoes Cheesy Witches Broomsticks Roasted Jack-O-Lantern Boil & Bubble Soup Cauldron Spiderweb Brownies							
Cal.: 718	Prot.: 29	Cal.: 691	Prot.: 13						
Weekly Special: Pasta Arrabiata									