



## Lunch Menu November 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>Philippine All Saints Day Beef w. Grilled Onions Vegetable Pancit</b> Lumpia w. Dipping Sauce Water Spinach w. Garlic & Soy (Adobong Kangkong) Pork Sinigang Soup Cathedral Windows Jelly	<b>Pepperoni Ciabatta Subs</b> <b>Tomato Cheese Ciabatta Subs</b> Shell Pasta w. Neapolitan Sauce Capponatta Vegetables Tomato Vermicelli Tiramisu	No School Parent-Teacher Conference Day
		Cal.: 1072 Prot.: 50	Cal.: 853 Prot.: 37	
<b>Spaghetti Bolognese</b> <b>Spaghetti Alfredo</b> Garlic Bread Mediterranean Vegetables Tuscan Soup Fruit Cocktail	<b>B.B.Q. Chicken</b> <b>Early Winter Harvest Vegetable Roast</b> Baked Potato w. 3 Healthy Toppings Corn On The Cob Mixed Bean w. Vegetable Soup Bread Pudding w. Vanilla Sauce	<b>Chili Con Carne</b> <b>Mixed Bean Chili</b> Corn Bread Steamed Broccoli Tomato Bean Soup Fruit Yoghurt	<b>Teriyaki Chicken</b> <b>Vegetable Yakisoba</b> Shumai w. Dipping Sauce Stir Fry Vegetables Miso Soup Castella Cake	<b>"B.B.Q. Pulled Pork Sandwich"</b> <b>B.B.Q. Chick Pea Burger</b> Potato Wedges w. Spring Onions & Sour Cream Sauce Buttered Corn Chicken & Dumplings Sliced Pineapple
Cal.: 857 Prot.: 34	Cal.: 868 Prot.: 32	Cal.: 629 Prot.: 31	Cal.: 826 Prot.: 41	Cal.: 775 Prot.: 32
<b>Weekly Special: Pork Tonkatsu</b>				
<b>Pasta Carbonara</b> <b>Zucchini &amp; Carrot Autumn Vegetable Pasta</b> Grilled Vegetable Panzanella Italian Vegetable Medley Creamy Corn Soup Sliced Fresh Fruit	<b>Stir Fry Beef &amp; Broccoli</b> <b>Stir Fry Mushrooms &amp; Tofu</b> Gyoza w. Dipping Sauce Snap Peas w. Peppers & Mushrooms Egg Drop Soup Tropical Mousse	<b>Salmon w. Hot House</b> <b>Tomato Confit</b> <b>Macaroni &amp; Cheese</b> Parmesan Chicken Strips w. Marinara Sauce Zucchini Provencal Mediterranean Soup Salted Caramel Budino (Creamy Custard w/ salted Caramel Sauce)	<b>Beef Lasagna</b> <b>Vegetable Lasagna</b> Crispy Focaccia Broccoli w. Carrots & Mushrooms Minestrone Soup Chocolate Cake	No School Professional Development Day
Cal.: 734 Prot.: 25	Cal.: 749 Prot.: 38	Cal.: 964 Prot.: 44	Cal.: 948 Prot.: 33	
<b>Weekly Special: Japanese Curry w. Croquettes</b>				
<b>Shogayaki</b> <b>Japanese Stewed Vegetables (Oden)</b> Vegetable Yakisoba Steamed Green Vegetables Wakame Soup Fresh Bananas	<b>Grilled Chicken w. Béarnaise &amp; Asparagus</b> <b>Vegetable Terrine</b> Herb Roasted Baby Potatoes Carrots Vichy French Onion Soup Chocolate Mousse	<b>Coconut Curry</b> <b>Malaysian Vegetable Curry</b> Vegetable Croquettes Grilled Vegetables w. Lime Vinaigrette Chicken Noodle Soup Kuala Lumpur Style Mango Yogurt	<b>Cezars Thanksgiving Roast Day</b> <b>Roast Vegetarian Loaf w. Veg. Demi</b> Mashed Potatoes & Stuffing Green Beans w. Crispy Onions Butternut Squash Soup Pumpkin Pie	School Holiday
Cal.: 818 Prot.: 37	Cal.: 917 Prot.: 37	Cal.: 825 Prot.: 37	Cal.: 879 Prot.: 35	
<b>Weekly Special: Ragu Pasta</b>				
<b>Chinese B.B.Q. (Char Siu) Pork</b> <b>Stir Fry Egg Noodles w. Vegetables</b> Spring Rolls w. Dipping Sauce Sautéed Greens Broccoli Soup Sliced Pineapple	<b>Roast Chicken w. Mushroom Sauce</b> <b>Roasted Potatoes w. Vegetables</b> Country Biscuits Carrots w. Dill Fall Vegetable Soup Mixed Berry Compote	<b>Penne Pasta w. Meatballs</b> <b>Arrabiata</b> <b>Zucchini Meatballs w. Pomodoro</b> Herb Bread Sicilian Vegetable Medley Bean w. Tomato & Garden Greens Soup Peach Cobbler	<b>Chefs Pizza</b> <b>Margaritta Pizza</b> Farfalle Alla Amatriciana Buttered Broccoli Italian Wedding Soup Sliced Melon	
Cal.: 815 Prot.: 27	Cal.: 799 Prot.: 34	Cal.: 866 Prot.: 35	Cal.: 824 Prot.: 33	
<b>Weekly Special: Gapao Rice</b>				