



Lunch Menu January 2018

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	
1		2		3		4		5	
Chicken Meatloaf w. Honey B.B.Q. Glaze Vegetarian Loaf Rosemary Potatoes Green Beans w. Roasted Garlic Mushroom Soup Apple Crumble		Penne Pasta w. Meatballs Arrabiata Penne Pasta w. Arrabiata Sauce Toasted Garlic Bread Provencale Tian Bean w. Tomato & Garden Greens Strawberry Pannacotta		Stir Fried Chicken w. Vegetables Veg Chop Suey w. Fried Noodles Shumai w. Dipping Sauce Braised Chinese Cabbage with Mushroom Egg Drop Soup Mikan		Pork Fajitas Bean & Mixed Vegetable Fajitas Tortillas & Salsa Bar Mexican Vegetables Garbanzo Soup Sliced Pineapple		Lucania Chicken Sausage Pizza Margaritaa Pizza Tomato Cream Sauce Pasta Italian Mixed Vegetables Bean & Vegetable Soup Chefs Jelly	
Cal.: 958	Prot.: 30	Cal.: 729	Prot.: 27	Cal.: 686	Prot.: 36	Cal.: 897	Prot.: 34	Cal.: 918	Prot.: 49
Weekly Special: Keema Curry									
Bone In Chicken w. White Beans & Tomatoes Stuffed Zucchini Pomodoro Roasted Potato's w. Garlic & Parmesan Sautéed Cauliflower Tomato Basil Soup Orange Wedges		Chefs Catch of The Day Vegetarian Thai Curry Crispy Thai Chicken w. Chili Sauce Ginger & Lime Stir Fry Vegetables Tom Yum Soup Lemon Tart Bars		No School Professional Development Day for Teachers		Beef Lasagna Vegetarian Lasagna Home Made Focaccia Steamed Broccoli Minestrone Chocolate Cake		Caprese Chicken w. Tomatoes in Balsamic Vinegar Squash Provencal Mediterranean Cous Cous Sicilian Vegetables Tuscan Soup Sliced Melon	
Cal.: 846	Prot.: 33	Cal.: 953	Prot.: 35			Cal.: 861	Prot.: 32	Cal.: 922	Prot.: 37
Weekly Special: Tonkatsu									
Shoyu Chicken Tofu Stir Fry Vegetable Lo-Mein Hawaiian Grilled Vegetables Miso Soup Coconut Tapioca		Spaghetti Bolognese Spaghetti Alfredo Cheesy Bread Rolls Ratatouille Ribollita Potage (Tuscan Soup) Fruit Cocktail		Herb Roasted Chicken Eggplant Parmigiana Pepperoncini Pasta Buttered Broccoli & Carrots Italian Vegetable & Sausage Soup Caramel Custard		Chefs Italian Roast Day Winter Harvest Vegetable Roast Oven Baked Potatoes Green Beans Vermicelli Tomato Carrot Cake		Cajun Chicken Burgers Spicy Chick Pea Burgers Louisiana Style Potatoes Creole Spiced Vegetables Sausage & Bean Gumbo Soup Peach Melba	
Cal.: 900	Prot.: 46	Cal.: 799	Prot.: 29	Cal.: 895	Prot.: 30	Cal.: 827	Prot.: 33	Cal.: 809	Prot.: 35
Weekly Special: Butter Chicken Curry									
Chili Con Carne Mixed Bean Chili Corn Chips w. Cheese Sauce Mexican Corn Garbanzo Soup Fresh Bananas		Crispy Seared Chicken Grilled Winter Squash Macaroni & Cheese Roasted Carrots w. Thyme Potato Soup Caramelized Pears		Hayashi Beef Vegetable Yakisoba Crispy Potatoes Komatsuna Gomae Tonjiru Soup Castella Cake					
Cal.: 737	Prot.: 31	Cal.: 945	Prot.: 44	Cal.: 875	Prot.: 43				
Weekly Special: Chefs Pasta									