



Lunch Menu February 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
			Chicken Fajitas 1 Vegetable Bean Fajitas Tortilla & Salsa Bar Mexican Corn Tortilla Soup Sliced Pineapple Cal.: 744 Prot.: 27	Bulgogi 2 Chapuche Chijimi Namuru Vegetables Wakame soup Mixed Berry Parfait Cal.: 935 Prot.: 29
Meat Ball Spaghetti 5 Pesto Cream Pasta Ratatouille Spinach with Garbanzo Broccoli Soup Sliced Melon Cal.: 725 Prot.: 38	B.B.Q. Chicken 6 Winter Harvest Vegetable Roast Macaroni & Cheese Corn on the Cob Potato Bisque Apple Cinnamon Bake Cal.: 926 Prot.: 38	Juicy Beef Burgers 7 Grilled Vegetable Burgers Oven Baked Potato Wedges Mixed Mushrooms & Eggplant Swiss Onion Soup Strawberry Yogurt Cal.: 706 Prot.: 39	Butter Chicken 8 Vegetable Curry Potato Croquettes Roasted Pumpkin Lentil Soup Mango Mousse Cal.: 809 Prot.: 32	Meat Lovers Pizza 9 Margarita Pizza Pasta w. Tomato Sauce Caponata Vegetables Tuscan Soup Peach Melba Cal.: 774 Prot.: 26
Weekly Special: Hayashi Rice				
Student - Led & Parent - Teacher Conferences 12 ***** ***** Cal.: 778 Prot.: 23	Stir Fry Chicken & Broccoli 13 Stir Fry Mushroom & Tofu Gyoza w. Dipping Sauce Chinese Vegetables Egg Drop Soup Mandarin Jelly Cal.: 778 Prot.: 23	Salmon w. Lemon Sauce 14 Spicy Vegetable Rice Noodles Crispy Chicken Bites w. Thai Chili Sauce Mixed Green Vegetables Tom Yum Soup Coconut Tapioca Cal.: 807 Prot.: 42	Beef Lasagna 15 Vegetarian Lasagna Focaccia Broccoli, Cauliflower & Carrot Sauté Minestrone Soup Chocolate Cake Cal.: 853 Prot.: 32	British Fish 16 Oven Roasted Winter Vegetables Potato Crisps Green Peas w. Onions Vegetable Potage English Bread Pudding Cal.: 733 Prot.: 27
Weekly Special: Butadon				
Tandoori Chicken 19 Roasted Vegetable Cous Cous Pita Bread w. Tzatziki Sauce Indian Vegetables Cream of Pumpkin Soup Fruit Cocktail Cal.: 721 Prot.: 34	Teriyaki Pork 20 Vegetable Yakisoba Spring Rolls w. Dipping Sauce Stir Fry Vegetables Aburaage Soup Castella Cake Cal.: 918 Prot.: 39	Chicken Nachos 21 Mixed Bean Nachos Corn Chips w. Cheese Sauce Spanish Vegetable Popurri Pozole Fian Napolitano Cal.: 858 Prot.: 39	School Holiday 22	School Holiday 23
Weekly Special: Thai Chicken Curry				
Chefs Curry 26 Vegetable Curry Vegetable Croquettes Kinpira Gobo Miso Soup Fresh Bananas Cal.: 788 Prot.: 37	Salisbury Steak w. Mushroom Demi 27 Vegetarian Hamburg Baby Herb Roasted Potatoes Green Beans w. Crispy Onions Cream of Spinach Soup Caramelized Pears Cal.: 887 Prot.: 30	Honey & Sesame Chicken 28 Tofu Stir Fry Lo-Mein Noodles Snow Peas w. Carrots Wonton Soup Coconut Cake Cal.: 867 Prot.: 42		
Weekly Special: Gapao				