



## Lunch Menu April 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                                                                                                                                                                |           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|
| <b>Chefs Pizza</b> 2<br><b>Margarita Pizza</b><br>Summer Roasted Vegetable Pasta<br>Fresh Seasonal Provencal<br>Stracciatella<br>Mixed Fruit                          |           | <b>Tandoori Chicken</b> 3<br><b>Vegetable Shami Kebabs</b><br>Cous Cous<br>Indian Vegetables<br>Chunky Vegetable Soup<br>Coconut Fruit Tapioca                 |           | <b>Spaghetti Bolognese</b> 4<br><b>Pasta Primavera</b><br>Herb Rolls<br>Eggplant w. Zucchini & Mushrooms<br>Carrot & Fresh Herb Soup<br>Melon Jelly                    |           | <b>Barbecued Chicken</b> 5<br><b>Potato Gratin</b><br>Corn Bread<br>Glazed Carrots<br>Cream of Mushroom<br>Peach Cobbler                                  |           | <b>Meat Loaf w. Gravy</b> 6<br><b>Savory Lentils</b><br>Mashed Potatoes<br>Vegetable Medley<br>Tomato Basil Soup<br>Fruit Cocktail                                    |           |
| Cal.: 864                                                                                                                                                             | Prot.: 31 | Cal.: 821                                                                                                                                                      | Prot.: 36 | Cal.: 639                                                                                                                                                              | Prot.: 27 | Cal.: 717                                                                                                                                                 | Prot.: 31 | Cal.: 710                                                                                                                                                             | Prot.: 31 |
| Weekly Special: Titans Protein Power Special (Loco Moco)                                                                                                              |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| <b>Chicken Fajitas</b> 9<br><b>Vegetarian Fajitas</b><br>Flour Tortillas<br>Mixed Mexican Vegetables<br>Texas Bean Soup<br>Fresh Bananas                              |           | <b>Roast Pork Teriyaki</b> 10<br><b>Vegetable Udon</b><br>Vegetarian Spring Rolls w. Dipping Sauce<br>Kinpira Gobo<br>Clear Mushroom Soup<br>Coconut Cake      |           | <b>Italian Chicken</b> 11<br><b>Stuffed Zucchini</b><br><b>Pomodorro</b><br>Ciabatta Bread<br>Mediterranean Vegetables<br>Cabbage & Potato Soup<br>Apple Cinnamon Bake |           | <b>Juicy Beef Burgers</b> 12<br><b>Grilled Vegetable Burgers</b><br>Crispy Potato Wedges<br>Eggplant w. Mushrooms<br>Swiss Onion Soup<br>Orange Wedges    |           | <b>Chicken Karaage</b> 13<br><b>Tofu Karaage</b><br>Black Garlic Yakisoba w. Shitake<br>Japanese Mixed Vegetables<br>Aburaage & Spinach Soup<br>Chefs Jelly           |           |
| Cal.: 790                                                                                                                                                             | Prot.: 29 | Cal.: 802                                                                                                                                                      | Prot.: 28 | Cal.: 734                                                                                                                                                              | Prot.: 31 | Cal.: 887                                                                                                                                                 | Prot.: 36 | Cal.: 869                                                                                                                                                             | Prot.: 36 |
| Weekly Special: Coconut Chicken Curry                                                                                                                                 |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| <b>Chicken Yakiniku</b> 16<br><b>Grilled Japanese Vegetables</b><br>Yaki Gyoza w. Dipping Sauce<br>Mixed Vegetable Sauté<br>Wakame Soup<br>Sliced Pineapple           |           | <b>Pork &amp; Pineapple Tacos</b> 17<br><b>Vegetable Fajitas</b><br>Flour Tortilla w. Salsa Bar<br>Mexicali Vegetables<br>Chicken & Lime Soup<br>Fresh Bananas |           | <b>Early Dismissal</b> 18<br>*****<br>Professional Development Day for Teachers                                                                                        |           | <b>Sweet &amp; Sour Chicken</b> 19<br><b>Tofu Stir Fry</b><br>Shumai w. Dipping Sauce<br>Chinese Cabbage & Water Spinach<br>Egg Drop Soup<br>Sliced Melon |           | <b>Mabo Nasu</b> 20<br><b>Wok Sauteed Vegetables w. Spinach</b><br>Vegetable Spring Rolls<br>Summer Greens Stir Fry<br>Hot & Sour Soup<br>Pear Tart                   |           |
| Cal.: 767                                                                                                                                                             | Prot.: 36 | Cal.: 744                                                                                                                                                      | Prot.: 31 |                                                                                                                                                                        |           | Cal.: 747                                                                                                                                                 | Prot.: 42 | Cal.: 787                                                                                                                                                             | Prot.: 36 |
| Weekly Special: Bolognese Pasta                                                                                                                                       |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| <b>Greek Style Chicken</b> 23<br><b>Falafel</b><br>Oregano & Olive Oil Potatoes<br>Spinach w. Garbanzo & Red Onions<br>Lentil Soup<br>Galatopita (Greek Custard Tart) |           | <b>Spaghetti and Meatballs</b> 24<br><b>Spinach Alfredo Pasta</b><br>Garlic Bread<br>Mixed Italian Vegetables<br>Vegetable Soup<br>Vanilla Cake                |           | <b>Grilled Salmon w. Mango</b> 25<br><b>Salsa</b><br><b>Hot House Vegetable Roast</b><br>Mac N Cheese<br>Sautéed Butter Spinach<br>Clam Chowder<br>Lemon Mousse        |           | <b>Chefs Roast Day</b> 26<br><b>Vegetarian Meatless Loaf</b><br>Loaded Potatoes<br>Summer Grilled Vegetables<br>Creamy Spinach Soup<br>Peach Melba        |           | <b>B.B.Q. Chicken Pizza Subs</b> 27<br><b>Tomato &amp; Cheese Pizza Subs</b><br>Spinach & Mushroom Pasta<br>Glazed Carrots<br>Potato & Leek Soup<br>Fresh Fruit Jelly |           |
| Cal.: 790                                                                                                                                                             | Prot.: 31 | Cal.: 786                                                                                                                                                      | Prot.: 34 | Cal.: 823                                                                                                                                                              | Prot.: 29 | Cal.: 937                                                                                                                                                 | Prot.: 36 | Cal.: 766                                                                                                                                                             | Prot.: 28 |
| Weekly Special: Hayashi Rice                                                                                                                                          |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| <b>Chefs Curry</b> 30<br><b>Vegetable Curry</b><br>Vegetable Croquettes<br>Buttered Corn<br>Miso Soup<br>Mango Pudding                                                |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| Cal.: 788                                                                                                                                                             | Prot.: 37 |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |
| Weekly Special: Spaghetti and Meatballs                                                                                                                               |           |                                                                                                                                                                |           |                                                                                                                                                                        |           |                                                                                                                                                           |           |                                                                                                                                                                       |           |