



Lunch Menu May 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
	Caramel Apple Pork Loin 1 Grilled Summer Vegetables Baby Potatoes w. Grilled Peppers Green Beans w. Garlic Spring Vegetable Soup Mixed Fruit Cal.: 818 Prot.: 29	Grilled Lemon Chicken 2 Vegetable Cous Cous Pita Bread w. Tzatziki Sauce Mid Eastern Vegetables w. Tahini Sauce Lentil Soup Greek Custard Cal.: 798 Prot.: 36	Sweet & Tangy B.B.Q. Pork 3 Savory Bean & Vegetable Casserole Scalloped Potato Gratin Pesto Grilled Vegetables Corn Soup Apple Pie Bars Cal.: 869 Prot.: 33	School Holiday Children's Day 4 *** *** ***
Herb Chicken 7 Stuffed Zucchini w. Pomodoro Sauce Roasted Vegetable Pasta Thyme Roasted Carrots Tomato Basil Soup Mixed Berry Yogurt Cal.: 842 Prot.: 40	Beef & Broccoli Noodle Stir Fry 8 Tofu Lo-Mein Vegetarian Spring Rolls w. Dipping Sauce Komatsuna w. Garlic & Peppers Carrot & Ginger Soup Mandarin Coconut Pudding Cal.: 823 Prot.: 36	Tex Mex Chicken Tacos 9 Mixed Vegetable Bean Tacos Tortillas w. Salsa Bar Mexican Corn Spanish Greens & Garbanzo Soup Fresh Fruit w. Chili & Lime Cal.: 948 Prot.: 36	Salisbury Steak w. Mushroom Demi Vegetarian Hamburg 10 Mashed Potatoes & Gravy Carrots Vichy Tomato Vegetable Soup Caramelized Pears Cal.: 802 Prot.: 35	Penne Pasta Pasta w. Bolognese Sauce 11 Penne Arrabiata Eggplant Parmesan Italian Vegetables Vegetable Ribollita Soup Chefs Jelly Cal.: 772 Prot.: 30
Weekly Special: Napolitan Spaghetti				
No School Carnival Recovery 14 *** *** ***	Chicken Tikka Masala Vegetable Curry 15 Naan Bread w. Hummus Indian Vegetables Dal Shorva (Lentil Soup) Coconut Ladoo Cal.: 723 Prot.: 39	Chefs Catch of the Day Hot House Vegetable Roast 16 Mac N Cheese Sautéed Butter Spinach Spicy Vegetable Soup Fresh Fruit Cal.: 796 Prot.: 37	Meat Lovers Pizza Margarita Pizza 17 Summer Roasted Vegetable Pasta Fresh Vegetable Provencal Italian Wedding Soup Italian Custard Brulee Cal.: 899 Prot.: 31	Beef Lasagna Vegetarian Lasagna 18 Home Made Focaccia Mixed Vegetable Medley Minestrone Soup Chocolate Cake Cal.: 849 Prot.: 32
Weekly Special: Thai Green Curry				
Teriyaki Chicken Tofu & Mushroom Stir Fry 21 Shumai w. Dipping Sauce Chinese Broccoli w. Peppers Miso Soup Sliced Melon Cal.: 821 Prot.: 49	Pork Fajitas Vegetarian Fajitas 22 Flour Tortillas & Salsa Mixed Mexican Vegetables Texas Bean Soup Caramel Flan Cal.: 706 Prot.: 33	Spaghetti and Meatballs Spinach Alfredo Pasta 23 Ratatouille Snap Peas w. Peppers Potato & Vegetable Soup Mikan Jelly Cal.: 914 Prot.: 52	Chefs Roast Day Vegetarian Loaf w. Savory Vegetable Demi Glace 24 Lemon & Herb Potatoes Roasted Vegetables Split Pea Soup Peach Melba Cal.: 917 Prot.: 37	Juicy Beef Burgers Grilled Vegetable Burgers 25 Crispy Potato Wedges Eggplant w. Mushrooms French Onion Soup Orange Wedges Cal.: 718 Prot.: 32
Weekly Special: Chopped Sirloin w. Mushroom Gravy				
Beef Nachos Mixed Bean Chili 28 Corn Chips w. Cheese Sauce Buttered Corn Tomato Bean Soup Fresh Bananas Cal.: 914 Prot.: 42	Tonkatsu Vegetable Yakisoba 29 Summer Vegetables w. Sesame Ponzu Stir Fried Greens Miso Soup Castella Cake Cal.: 870 Prot.: 40	Caprese Chicken w. Tomatoes in Balsamic Vinegar 30 Squash Provencal Pepperoncini Pasta Sicilian Vegetables Italian Cabbage & Carrot Soup Berry Pannacotta Cal.: 935 Prot.: 36	Chefs Curry Vegetable Curry 31 Potato Croquettes Mixed Vegetable Masala Cauliflower w. Turmeric Soup Mango Yogurt Cal.: 948 Prot.: 42	
Weekly Special: Pasta Carbonara				