

Lunch Menu October 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 Pork Fajitas Mixed Bean Fajitas Tortillas & Salsa Roasted Cauliflower Gratin Mexicali Vegetable Soup Fresh Bananas Cal.: 889 Prot.: 36 | 2 Teriyaki Chicken Vegetable Yakisoba Spring Rolls w. Dipping Sauce Snap Peas Miso Soup Fruits Sandwich Cal.: 834 Prot.: 38 | 3 Yakiniiku Chicken Grilled Japanese Vegetables Gyoza w. Dipping Sauce Cabbage w. Carrots & Baby Corn Wakame Soup Orange Wedges Cal.: 711 Prot.: 34 | 4 Juicy Beef Burger Grilled Vegetable Burger Crispy Potatoes Mixed Mushrooms Sweet Corn Soup Raspberry Peach Yoghurt Cal.: 711 Prot.: 36 | 5 Italian Chicken Eggplant Parmesan Peperoncini Pasta Zucchini Provencal Cream of Mushroom Soup Flan Napolitano Cal.: 940 Prot.: 38 |
| Weekly Special: Chicken Pasta w. Tomato Cream Sauce | | | | |
| 8 School Holiday | 9 Beef Lasagna Vegetarian Lasagna Crispy Focaccia Eggplant w. Peppers Minestrone Soup Chocolate Cake Cal.: 812 Prot.: 31 | 10 Mandarin Chicken Mushroom & Tofu Stir Fry Stir Fried Vegetables Stir Fry Broccoli w. Paprika Egg Drop Soup Honey Spiced Oranges Cal.: 676 Prot.: 34 | 11 Beef Nachos Vegetable Bean Nachos Corn Chips & Cheese Sauce Mexican Corn Garbanzo Soup Sliced Pineapple Cal.: 840 Prot.: 42 | 12 Tandoori Chicken Falafel w. Tzatziki Sauce Pita Bread Indian Roasted Vegetables Pumpkin Soup Mango Crumble Cal.: 838 Prot.: 35 |
| Weekly Special: Hayashi Rice | | | | |
| 15 No School Professional Development Day For Teachers | 16 Meatloaf w. Demi Glace Tofu Hamburg w. Soy Mayonnaise Rosemary Potato Buttered Green Beans Tomato Basil Soup Pear Pie Bar Cal.: 891 Prot.: 30 | 17 Thai Basil Chicken Green Vegetarian Curry Pad Thai Eggplant w. Garlic Sauce Tom Yum Soup Coconut Tapioca Cal.: 963 Prot.: 48 | 18 Cezars Roast Day Vegetarian Loaf w. Savory Demi Mashed Potatoes & Gravy Roasted Carrots French Onion Soup Caramelized Pears Cal.: 786 Prot.: 31 | 19 Meat Lovers Pizza Margarita Pizza Roasted Vegetable Pasta Buttered Broccoli Mediterranean Vegetable Soup Sliced Melon Cal.: 721 Prot.: 31 |
| Weekly Special: Spaghetti Bolognese | | | | |
| 22 Lemon Chicken Turkish Mixed Vegetables w. Apples Roasted Vegetable & Cous Cous Tomato & Garlic Roasted Cauliflower Lentil Soup Mango Yoghurt Cal.: 858 Prot.: 33 | 23 Stir Fry Beef & Broccoli Bok Choy w. Tofu Shumai w. Dipping Sauce Chinese Vegetables w. Bean Sprouts Chinese Mushroom & Corn Soup Mikan Jelly Cal.: 695 Prot.: 38 | 24 School Holiday | 25 School Holiday | 26 School Holiday |
| Weekly Special: Chicken Curry | | | | |
| 29 Chicken Parmesan Stuffed Zucchini w. Pomodoro Spaghetti al Parmigiano Roasted Eggplant Vegetable w. Spinach Soup Fresh Fruits w. Dried Cranberries in Syrup Cal.: 841 Prot.: 39 | 30 Salmon w. Lemon Sauce Vegetable Sesame Noodles Chicken Karaage Sauteed Spinach Miso Soup w. Daikon Lemon Mousse Cal.: 830 Prot.: 33 | 31 Lamb Stew Mummy Loaded Potato Cheesy Witches Broomsticks Roasted Pumpkin Boil & Bubble Soup Cauldron Spider Web Brownies Cal.: 915 Prot.: 32 | | |
| Weekly Special: Demi Hamburg | | | | |