

Lunch Menu November 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 Philippine All Saints Day Adobo Philippine Vegetable Pancit Lumpia Spring roll w. Dipping Sauce Water Spinach w. Garlic & Soy Pork Sinigang Soup Cathedral Windows Jelly Cal.: 1019 Prot.: 46	2 Chicken Pizza Sub Vegetarian Pizza Sub Penne Pasta w. Pesto Cream Sauce Steamed Broccoli Clear Vegetable Soup Fresh Fruits Cal.: 709 Prot.: 31
5 Pork Fajitas Mixed Bean Fajitas Tortillas & Salsa Roasted Cauliflower Gratin Mexicali Vegetable Soup Fresh Bananas Cal.: 889 Prot.: 36	6 Teriyaki Chicken Vegetable Yakisoba Spring Rolls w. Dipping Sauce Snap Peas Miso Soup Strawberry Cake Cal.: 828 Prot.: 38	7 Salmon w. Lemon Sauce Macaroni N Cheese Chicken Karaage Sauteed Spinach Hot & Sour Soup Fresh Mikan Cal.: 812 Prot.: 34	8 Tandoori Chicken Falafel w. Tzatziki Sauce Pita Bread Indian Roasted Vegetable Pumpkin Soup Mango Crumble Cal.: 838 Prot.: 35	9 School Holiday
Weekly Special: Tuna & Tomato Cream Pasta				
12 Herb Chicken Autumn Harvest Grilled Vegetables Roasted Potato Asparagus w. Lemon Pepper Tomato Vegetable Soup Jelly Cal.: 840 Prot.: 36	13 Roast Pork Eggplant Parmesan Pepperoni Pasta Zucchini Provencal Cream of Mushroom Soup Flan Napolitano Cal.: 943 Prot.: 30	14 Juicy Beef Burgers Grilled Vegetable Burgers Crispy Potatoes Mixed Vegetables w. Mushrooms Sweet Corn Soup Raspberry Peach Yogurt Cal.: 711 Prot.: 36	15 General Tso's Chicken Mushroom & Tofu Stir Fry Vegetarian Lo-Mein Stir Fry Broccoli w. Peppers Egg Drop Soup Sliced Melon Cal.: 782 Prot.: 34	16 Beef Lasagna Vegetarian Lasagna Freshly Baked Focaccia Cauliflower w. Carrots Minestrone Soup Chocolate Cake Cal.: 812 Prot.: 31
Weekly Special: Butadon				
19 Yakiniku Beef Grilled Japanese Vegetables Gyoza w. Dipping Sauce Cabbage w. Carrots & Baby Corn Wakame Soup Orange Wedges Cal.: 881 Prot.: 22	20 Thai Basil Chicken Green Vegetable Curry Pad Thai Eggplant w. Garlic Sauce Tom Yum Soup Coconut Tapioca Cal.: 963 Prot.: 48	21 Hamburg w. Mushroom Demi Glace Tofu Hamburg w. wafu sauce Rosemary Potato Buttered Corn Tomato Basil Soup Caramelized Pears Cal.: 775 Prot.: 34	22 Cezars Thanksgiving Turkey Roast w. Stuffing Roasted Pumpkin & Quinoa Mashed Potatoes & Gravy Roasted Zucchini Roasted Carrot & Vanilla Soup Pumpkin Pie Bar Cal.: 790 Prot.: 34	23 School Holiday
Weekly Special: Neapolitan Pasta				
26 Lemon Chicken Turkish Mixed Vegetables w. Apple Roasted Vegetable Cous Cous Tomato & Garlic Roasted Cauliflower Lentil Soup Mango Yoghurt Cal.: 858 Prot.: 33	27 Stir Fry Beef & Broccoli Bok Choy w. Tofu Shumai w. Dipping Sauce Chinese Vegetables w. Bean Sprouts Asian Mushroom Soup Mikan Jelly Cal.: 711 Prot.: 39	28 Chicken Tacos Vegetable Bean Nachos Tortillas w. Salsa Bar Mexican Corn Garbanzo Soup Sliced Pineapple Cal.: 820 Prot.: 36	29 Spaghetti & Meatballs Spaghetti Alfredo Ratatouille Green Beans & Carrots Vegetable Broth Soup Tiramisu Cal.: 736 Prot.: 30	30 Grilled Chicken w. Mushroom Sauce Tofu w. Spinach & Mushrooms Baked Potatoes w. 3 Healthy Toppings Sautéed Broccoli Corn Pottage Peach Cobbler Cal.: 753 Prot.: 35
Weekly Special: Japanese Curry w. Croquettes				