

## Lunch Menu January 2019

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	2	3	4
7 B.B.Q. Chicken Winter Grilled Vegetables Scalloped Potato Gratin Buttered Corn Cabbage w. Tomatoes Soup Apple Crumble  Cal.: 900 Prot.: 39	8 Beef Stroganoff Green Bean & Mushroom Gratin Parsley Buttered Pasta Steamed Broccoli Split Pea Soup Caramelized Pears  Cal.: 939 Prot.: 34	9 Crispy Seared Chicken w. Mushroom Gravy Grilled Asparagus w. Peppers & Tomatoes Roasted Sweet Potatoes Spinach w. Mushrooms Corn Chowder Chocolate Mousse  Cal.: 876 Prot.: 18	10 Pepperoni Pizza Margarita Pizza Farfalle Pasta w. Hot House Vegetables Italian Vegetable Saute Cream of Broccoli Sliced Melon  Cal.: 767 Prot.: 27	11 Indian Chicken Curry Vegetable Masala Cous Cous Roasted Pumpkin Lentil Soup Mango Yogurt  Cal.: 740 Prot.: 36
Weekly Special: Pasta Bolognese				
14 Chicken Fajitas Vegetable Bean Fajitas Tortillas w. Salsa Roasted Corn Garbanzo Soup Fresh Bananas  Cal.: 754 Prot.: 38	15 Teriyaki Pork Vegetable Yakisoba Spring Rolls w. Dipping Sauce Stir Fry Vegetables w. Baby Corn Aburaage Soup Sliced Pineapple  Cal.: 825 Prot.: 42	16 Professional Development Day For Teachers Only No School Lunch This Day	17 Beef Lasagna Vegetarian Lasagna Pan de Fugazza w. Tomatoes Cauliflower w. Broccoli Minestrone Soup Chocolate Cake  Cal.: 952 Prot.: 32	18 Pineapple Ginger Chicken Vegetable Lo-Mein Hawaiian Dinner Rolls Stir Fry Vegetables Egg Drop Soup Coconut Custard  Cal.: 845 Prot.: 39
Weekly Special: Gapao Rice (Thai Holy Basil Chicken)				
21 Hayashi Beef Vegetable Yakisoba Oden Style Vegetables Snap Peas Tonjiru Sponge Cake  Cal.: 978 Prot.: 36	22 Louisiana Chicken Cajun Vegetable Cream Pasta CK Moist Sweet Cornbread Grilled Zucchini w. Garbanzo & Peppers Creole Vegetable Gumbo Soup Peach Pie Bar  Cal.: 914 Prot.: 44	23 Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potatoes w. Cheese Sauce Eggplant w. Mushrooms Italian Vegetable w. Bean Soup Mixed Fruit  Cal.: 893 Prot.: 39	24 Cezars Roast Chicken Winter Roasted Vegetables Baked Potatoes w. 3 Healthy Toppings Thyme Roasted Carrots Spanish Garlic Soup Orange Mousse  Cal.: 918 Prot.: 32	25 Spaghetti Bolognese Pasta Arrabbiata w. Eggplant Garlic Breadsticks Vegetable Caponata Tomato Vegetable Soup Raspberry Panna Cotta  Cal.: 984 Prot.: 34
Weekly Special: Basil Sausage Pasta				
28 Stir Fry Pork Crispy Tofu w. Yuzu Sauce Dan Dan Vegetable Sesame Noodles Cabbage w. Carrots & Mushrooms Carrot & Ginger Soup Fresh Mikan  Cal.: 705 Prot.: 25	29 Herb Chicken Italian Vegetable Paella Rosemary Potatoes Green Beans w. Carrots Mixed Vegetable Soup Salty Caramel Pudding  Cal.: 889 Prot.: 36	30 Bulgogi Chapche Chijimi Namuru Vegetables Wakame Soup Orange Wedges  Cal.: 789 Prot.: 33	31 Japanese Chicken Curry Vegetable Curry Croquettes Kimpira Gobo Miso Soup Jelly  Cal.: 911 Prot.: 31	
Weekly Special: Hayashi Rice				

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Soup **not included** in Bento Lunch