

Lunch Menu March 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
				<p>1</p> <p>Spaghetti Bolognese Peto Spaghetti w. Green Beans & Potatoes Ciabatta Rolls Ratatouille Vermicelli (Tomato w. Noodles) Strawberry Jelly</p> <p style="text-align: right;">Cal.: 995 Prot.: 39</p>
<p>4</p> <p>Beef Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Roasted Corn Mexican Mushroom Soup Sliced Pineapple</p> <p style="text-align: right;">Cal.: 798 Prot.: 30</p>	<p>5</p> <p>Yakiniku Chicken Grilled Japanese Vegetables Spring Rolls w. Dipping Sauce Cabbage w. Carrots & Baby Corn Wakame Soup Orange Wedges</p> <p style="text-align: right;">Cal.: 828 Prot.: 37</p>	<p>6</p> <p>Herb Crusted Cod Bouquetiere of Seasonal Vegetables Parsley Boiled Potatoes Zucchini & Eggplant Provençale Corn Chowder Mixed Berry Mousse</p> <p style="text-align: right;">Cal.: 895 Prot.: 40</p>	<p>7</p> <p>Meat Lovers Pizza Margarita Pizza Pasta Primavera Steamed Broccoli Acqua Pazza Sliced Melon</p> <p style="text-align: right;">Cal.: 1054 Prot.: 39</p>	<p>8</p> <p>British Fish Tofu Hijiki Hamburg in Soy Mayo Potato Crisps Green Peas w. Onions Vegetable Potage English Bread Pudding</p> <p style="text-align: right;">Cal.: 985 Prot.: 34</p>
Weekly Special: Loco Moco (Hamburg w. Egg, Rice and Vegetables)				
<p>11</p> <p>Tandoori Chicken Vegetable Masala Pita Roast Pumpkin Lentil Soup Mango Yogurt</p> <p style="text-align: right;">Cal.: 623 Prot.: 29</p>	<p>12</p> <p>Spaghetti & Meatballs Pasta Arrabbiata w. Eggplant Garlic Breadsticks Vegetable Caponata Tomato Vegetable Soup Melon Jelly</p> <p style="text-align: right;">Cal.: 946 Prot.: 28</p>	<p>13</p> <p>Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potatoes Eggplant w. Mushrooms Italian Vegetable w. Bean Fresh Fruit</p> <p style="text-align: right;">Cal.: 862 Prot.: 37</p>	<p>14</p> <p>Cezars Roast Pork Spring Grilled Vegetables Baked Potatoes w. 3 Healthy Toppings Thyme Roasted Carrots French Onion Soup CK Brownies</p> <p style="text-align: right;">Cal.: 854 Prot.: 25</p>	<p>15</p> <p>Teriyaki Salmon Vegetable Yaki Udon Crispy Thai Chicken w. Sweet Chili Sauce Stir Fried Asian Greens Pumpkin & Coconut w. Tofu Soup Tapioca</p> <p style="text-align: right;">Cal.: 1079 Prot.: 49</p>
Weekly Special: Chicken Alfredo Pasta				
<p>18</p> <p>Honey & Soy Glazed Chicken Vegetable Lo-Mein Yaki Gyoza Stir Fry Vegetables Egg Drop Soup Sliced Fruits</p> <p style="text-align: right;">Cal.: 894 Prot.: 49</p>	<p>19</p> <p>Tacos al Pastor Vegetable Bean Tacos Flour Tortillas w. Salsa Buttered Corn Red Pozole Fresh Bananas</p> <p style="text-align: right;">Cal.: 519 Prot.: 21</p>	<p>20</p> <p>Japanese Chicken Curry Vegetable Curry Croquettes Kinpira Gobo Miso Soup Mikan</p> <p style="text-align: right;">Cal.: 802 Prot.: 30</p>	<p>21</p> <p>Beef Lasagna Vegetarian Lasagna Pan de Fougasse w. Tomatoes Cauliflower w. Broccoli Minestrone Chocolate Cake</p> <p style="text-align: right;">Cal.: 996 Prot.: 35</p>	<p>22</p> <p>Cajun Fish Spicy Vegetable Cream Pasta Roasted Baby Potatoes Grilled Zucchini w. Garbanzo & Peppers Creole Vegetable Gumbo Coconut Crème Brulee</p> <p style="text-align: right;">Cal.: 910 Prot.: 31</p>
Weekly Special: Pork Kimchi (Buta Kimuchi)				
<p>25</p> <p style="text-align: center;">School Holiday</p>	<p>26</p> <p style="text-align: center;">School Holiday</p>	<p>27</p> <p style="text-align: center;">School Holiday</p>	<p>28</p> <p style="text-align: center;">School Holiday</p>	<p>29</p> <p style="text-align: center;">School Holiday</p>