

Lunch Menu April 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 Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Roasted Corn Mexican Mushroom Soup Sliced Pineapple Cal.: 1003 Prot.: 42	2 Spaghetti Bolognese Pesto Spaghetti w. Green Beans & Potatoes Ciabatta Rolls Ratatouille Vermicelli (Tomato w. Noodles) Mixed Fruits in Dried Cranberry Syrup Cal.: 973 Prot.: 37	3 Yakiniiku Chicken Grilled Japanese Vegetables Spring Rolls w. Dipping Sauce Cabbage w. Carrots & Baby Corn Wakame Soup Orange Wedges Cal.: 828 Prot.: 37	4 Meat Lovers Pizza Margarita Pizza Pasta Primavera Steamed Broccoli Vegetables w. Cannellini Beans Soup Sliced Melon Cal.: 965 Prot.: 42	5 Salmon w. Lemon Sauce Vegetarian Pad Thai Crispy Thai Chicken w. Sweet Chili Sauce Stir Fried Asian Greens Pumpkin & Coconut w. Tofu Soup Coconut Tapioca Cal.: 1155 Prot.: 66
Weekly Special: Butadon				
8 No School Professional Development Day For Teachers	9 Teriyaki Pork Yaki Soba w. Spring Vegetables Yaki Gyoza w. Dipping Sauce Snap Peas w. Peppers Clear Mushroom Soup Green Tea Sponge Cal.: 865 Prot.: 46	10 Greek Style Chicken Falafel Pita Bread Spinach w. Garbanzo Lentil Soup Greek Custard Cal.: 647 Prot.: 41	11 Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potatoes Eggplant w. Mushrooms Italian Vegetable Soup Orange Jelly Cal.: 926 Prot.: 35	12 Pasta Frutti Di Mare Pasta Arrabbiata w. Eggplant Garlic Bread Sticks Vegetable Caponata Tomato & Basil Soup Strawberry Tiramisu Cal.: 963 Prot.: 38
Weekly Special: Pasta Carbonara				
15 Japanese Braised Pork Grilled Tofu w. Vegetables in Ponzu Okonomiyaki Edamame Gomaee Sweet Corn Soup Fresh Bananas Cal.: 920 Prot.: 35	16 Herb Chicken Grilled Summer Vegetables Rosemary Potatoes Green Beans w. Carrots Tuscan Bean Soup Apple Crumble Cal.: 925 Prot.: 39	17 Cezars Roast Pork Spring Grilled Vegetables Baked Potatoes w. 3 Healthy Toppings Thyme Roasted Carrots French Onion Soup Brownies Cal.: 858 Prot.: 38	18 Tandoori Chicken Vegetable Masala Cous Cous Roasted Pumpkin Garbanzo Soup Mango Yogurt Cal.: 782 Prot.: 28	19 No School (Good Friday)
Weekly Special: Gapao				
22 Honey & Soy Glazed Chicken Vegetable Lo-Mein Shorompo w. Sesame Dipping Sauce Stir Fry Vegetables Egg Drop Soup Sliced Fruit Cal.: 1085 Prot.: 52	23 Tacos al Pastor Vegetable Bean Tacos Flour Tortillas w. Salsa Buttered Corn Red Pozole (From Guerrero) Fresh Bananas Cal.: 519 Prot.: 21	24 Japanese Chicken Curry Vegetable Curry Croquettes Kinpira Gobo Miso Soup Mango Mousse Cal.: 1005 Prot.: 33	25 Beef Lasagna Vegetarian Lasagna Pan de Fougasse w. Tomatoes Cauliflower w. Broccoli Minestrone Soup Chocolate Cake Cal.: 996 Prot.: 35	26 Chicken Karaage Tofu Karaage Vegetarian Hiyashi Chuka Noodle Japanese Mixed Vegetables Aburaage Miso Soup Mixed Berry Yogurt Cal.: 768 Prot.: 47
Weekly Special: Napolitan Pasta				
29 Stir Fry Chicken Stir Fry Tofu Sesame Noodles Sautéed Cabbage Carrot & Ginger Soup Steamed Pears w. Honey Cal.: 559 Prot.: 21	30 No School Emperors Abdiction Day			