

## Lunch Menu May 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  School Holiday	2  Pork Fajitas Vegetable Bean Fajitas Flour Tortillas w. Salsa Buttered Corn Garbanzo Soup Fresh Bananas  Cal.: 579    Prot.: 26	3  Whitefish 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.: 70
6  Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Roasted Corn Mexican Mushroom Soup Sliced Pineapple  Cal.: 753    Prot.: 38	7  Spaghetti Bolognese Pesto Spaghetti w. Green Beans & Potatoes Ciabatta Rolls Ratatouille Creamy Tomato Soup Mixed Fruits in Dried Cranberry Syrup  Cal.: 959    Prot.: 37	8  Yakiniku Chicken Grilled Japanese Vegetables Spring Rolls w. Dipping Sauce Cabbage w. Carrots & Baby Corn Wakame Soup Orange Wedges  Cal.: 828    Prot.: 37	9  Pepperoni Pizza Margarita Pizza Pasta Primavera Steamed Broccoli Vegetables w. Cannellini Beans Sliced Melon  Cal.: 965    Prot.: 42	10  Stir Fry Chicken Stir Fry Tofu Sesame Noodles Cabbage w. Carrots & Mushrooms Carrot & Ginger Soup Steamed Pears w. Honey  Cal.: 634    Prot.: 35
Weekly Special: Tonkatsu				
13  School Holiday	14  Teriyaki Pork Yakisoba w. Spring Vegetables Yaki Gyoza w. Dipping Sauce Snap Peas w. Peppers Aburaage Japanese Sponge Cake  Cal.: 865    Prot.: 46	15  Greek Style Chicken Falafel Roasted Oregano Potatoes Spinach w. Garbanzo & Red Onions Lentil Soup Greek Custard  Cal.: 742    Prot.: 39	16  Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potatoes Eggplant w. Mushrooms Italian Vegetable Soup Raspberry Peach Yoghurt  Cal.: 852    Prot.: 35	17  B.B.Q. Chicken Grilled Seasonal Vegetables Cornbread Green Beans w. Melting Onions Potato Leek Soup Mixed Berry Crumble  Cal.: 565    Prot.: 35
Weekly Special: Spaghetti Bolognese				
20  Butter Chicken Curry Kheema Chick Pea Curry Pita Bread Cauliflower w. Turmeric Mulligatawny Soup Carrot Cake  Cal.: 945    Prot.: 61	21  Japanese Braised Pork Grilled Tofu w. Vegetables in Ponzu Okonomiyaki Edamame Gomae Sweet Corn Soup Mikan  Cal.: 896    Prot.: 34	22  Mandarin Chicken Tofu Karaage Chop Suey Sesame Broccoli Hot & Sour Tofu Soup Tropical Fruit Mousse  Cal.: 677    Prot.: 44	23  Cezars Roast Pork Spring Grilled Vegetables Baked Potatoes w. 3 Healthy Toppings Thyme Roasted Carrots French Onion Soup Brownies  Cal.: 858    Prot.: 38	24  Spaghetti & Meatballs Pasta Arrabiata w. Eggplant Vienna Rolls Vegetable Caponata Tomato Basil Soup Caramel Tiramisu Parfait  Cal.: 1070    Prot.: 32
Weekly Special: Tuna Tomato Pasta				
27  Honey & Soy Glazed Chicken Vegetable Lo-Mein Shorompo w. Sesame Dipping Sauce Stir Fry Vegetables Egg Drop Soup Sliced Fruit  Cal.: 960    Prot.: 52	28  Tuna Croquettes w. Dijon Sauce Bouquetiere of Spring Vegetables Mac N Cheese Green Beans w. Crispy Onions Cream of Vegetable Soup Fruit Cocktail  Cal.: 1045    Prot.: 36	29  Herb Chicken Eggplant Parmesan Provencal Penne Pasta Broccoli w. Cauliflower & Carrots Tuscan Bean Soup Fresh Bananas  Cal.: 780    Prot.: 39	30  Beef Lasagna Vegetarian Lasagna Pan de Fougasse w. Tomatoes Cauliflower w. Broccoli Minestrone Soup Chocolate Cake  Cal.: 996    Prot.: 35	31  Japanese Chicken Curry Vegetable Curry Potato Croquettes Kinpira Gobo Miso Soup Strawberry Yoghurt  Cal.: 701    Prot.: 30
Weekly Special: Demi Hamburg				