

Lunch Menu October 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>Teriyaki Chicken Vegetable Yakisoba Spring Rolls w. Dipping Sauce Snap Peas Miso Soup Orange Wedges</p> <p style="text-align: right;">Cal.: 752 Prot.: 39</p>	<p>2</p> <p>Early Dismissal Professional Development Day For Teachers</p>	<p>3</p> <p>Pork Fajitas Mixed Bean Fajitas Tortillas and Salsa Vegetable Gratin Mexicali Vegetable Soup Banana Cake</p> <p style="text-align: right;">Cal.: 809 Prot.: 31</p>	<p>4</p> <p>Spaghetti Bolognese Spaghetti Pomodoro Herb Rolls Ratatouille Vermicelli Mixed Berry Pannacotta</p> <p style="text-align: right;">Cal.: 958 Prot.: 26</p>
<p>7</p> <p>B.B.Q. Chicken Autumn Harvest Grilled Vegetables Baked Potatoes w. Sour Cream & Chives Corn on the Cob Split Pea Soup Fruit Crumble</p> <p style="text-align: right;">Cal.: 953 Prot.: 39</p>	<p>8</p> <p>Japanese Braised Pork Yaki Tofu w. Yuzu Sauce Vegetable Yakisoba w. Sesame Sauce Edamame Gomaae Aburaage Soup Mikan Mousse</p> <p style="text-align: right;">Cal.: 883 Prot.: 27</p>	<p>9</p> <p>Lemon Chicken Turkish Vegetables w. Apples Roasted Vegetable Cous Cous Tomato & Garlic Roasted Cauliflower Mulligatawny (Indian Carrot & Curry) Soup Caramel Custard</p> <p style="text-align: right;">Cal.: 879 Prot.: 39</p>	<p>10</p> <p>Beef Lasagna Vegetarian Lasagna Herb Focaccia Broccoli w. Cauliflower & Carrots Minestrone Soup Chocolate Cake</p> <p style="text-align: right;">Cal.: 985 Prot.: 34</p>	<p>11</p> <p>Grilled Salmon w. Lemon Sauce Macaroni & Cheese Crispy Thai Chicken w. Sweet Chili Sauce Stir Fried Bok Choy Pumpkin & Coconut Soup w. Tofu Tropical Fruit Mix</p> <p style="text-align: right;">Cal.: 1073 Prot.: 41</p>
Weekly Special: Sri Lankan Beef Curry				
<p>14</p> <p>No School Professional Development Day For Teachers</p>	<p>15</p> <p>Thai Holy Basil Chicken Green Vegetarian Curry Pad Thai Eggplant w. Garlic Soy Glaze Tom Yum Soup Sliced Pineapple</p> <p style="text-align: right;">Cal.: 618 Prot.: 55</p>	<p>16</p> <p>Garlic & Soy Roasted Pork Vegetable Lo-Mein Spring Rolls w. Dipping Sauce Snap Peas w. Peppers Egg Drop Soup Coconut Cake</p> <p style="text-align: right;">Cal.: 820 Prot.: 38</p>	<p>17</p> <p>Cezars Roast Chicken Vegetarian Loaf w. Savory Demi Mashed Potatoes & Gravy Roasted Carrots French Onion Soup Caramelized Pears</p> <p style="text-align: right;">Cal.: 684 Prot.: 25</p>	<p>18</p> <p>Stir Fry Beef & Broccoli Bok Choy w. Tofu Shorompo w. Dipping Sauce Chinese Vegetables w. Bean Sprouts Asian Mushroom & Corn Soup Mikan</p> <p style="text-align: right;">Cal.: 975 Prot.: 34</p>
Weekly Special: Creamy Chicken Pasta				
<p>21</p> <p>No School Autumn Holidays</p>	<p>22</p> <p>No School Autumn Holidays</p>	<p>23</p> <p>No School Autumn Holidays</p>	<p>24</p> <p>Meat Lovers Pizza Margarita Pizza Autumn Roasted Vegetable Pasta Buttered Broccoli Italian Vegetable Soup Sliced Melon w. Grapes</p> <p style="text-align: right;">Cal.: 1003 Prot.: 41</p>	<p>25</p> <p>Cajun Whitefish Mac N Cheese Southern Chicken Tenders Creole Style Vegetables Broccoli Soup Bread Pudding w. Vanilla Sauce</p> <p style="text-align: right;">Cal.: 792 Prot.: 46</p>
Weekly Special: Gapao				
<p>28</p> <p>Herb Chicken Late Harvest Vegetable Medley Roasted Potatoes Asparagus w. Lemon Pepper Tomato Vegetable Soup Sliced Fruit</p> <p style="text-align: right;">Cal.: 516 Prot.: 32</p>	<p>29</p> <p>Japanese Pork Curry Vegetable Curry Croquettes Kinpira Gobo Chicken Noodle Soup w. Miso Honey Glazed Citrus Slices</p> <p style="text-align: right;">Cal.: 992 Prot.: 40</p>	<p>30</p> <p>Yakiniku Chicken Grilled Japanese Vegetables Gyoza w. Dipping Sauce Cabbage w. Shimeji, Carrots & Baby Corn Wakame Soup Mixed Berry Yogurt</p> <p style="text-align: right;">Cal.: 928 Prot.: 44</p>	<p>31</p> <p>Silence of Lamb Stew Mummy Stuffed Potatoes Cheesy Witches Broomsticks Roasted Pumpkin Boil & Bubble Soup Cauldron Spider Web Brownies</p> <p style="text-align: right;">Cal.: 887 Prot.: 32</p>	
Weekly Special: Bolognese Pasta				