

Lunch Menu December 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
2 Chicken Fajitas Vegetable & Bean Fajitas Tortillas & Salsa Buttered Corn Garbanzo Soup Mango Yogurt Cal.: 857 Prot.: 41	3 Spaghetti w. Meatballs Spaghetti Alfredo Ratatouille Green Beans w. Carrots & Cauliflower Tuscan Bean Soup Melon Jelly Cal.: 1024 Prot.: 38	4 Teriyaki Chicken Vegetable Yakisoba Spring Rolls w. Dipping Sauce Snap Peas Miso Soup Orange Wedges Cal.: 754 Prot.: 39	5 Juicy Beef Burgers Grilled Vegetable Burgers Oven Roasted Potato Wedges Eggplant w. Mushrooms Cream of Vegetable Soup Raspberry Peach Yogurt Cal.: 922 Prot.: 37	6 Salmon w. Lemon Sauce Vegetable Sesame Noodles Crispy Thai Chicken w. Thai Chili Sauce Stir Fry Greens w. Garlic Pumpkin & Coconut Soup w. Tofu Coconut Tapioca Cal.: 843 Prot.: 49
Weekly Special: Sri Lankan Curry				
9 B.B.Q. Chicken Winter Harvest Grilled Vegetables Baked Potatoes w. Sour Cream & Chives Corn on the Cob Split Pea Soup Pear Pie Bars Cal.: 864 Prot.: 39	10 Spaghetti Bolognese Spaghetti Pomodoro Herb Rolls Ratatouille Chick Pea Soup Mixed Berry Pannacotta Cal.: 1128 Prot.: 39	11 Thai Holy Basil Chicken Green Vegetable Curry w. Fish Sauce Pad Thai Eggplant w. Garlic Soy Sauce Tom Yum Soup Coconut Tapioca Cal.: 873 Prot.: 50	12 CK Roast Pork Vegetable Gratin Mashed Potatoes Thyme Roasted Carrots Minestrone Soup Assorted Cake Cal.: 684 Prot.: 25	13 Meat Lovers Pizza Margarita Pizza Winter Roasted Vegetable Pasta Buttered Broccoli Italian Vegetable Soup Sliced Melon w. Grapes Cal.: 1003 Prot.: 41
Weekly Special: Butadon				
16 Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Zucchini w. Potatoes & Tomatoes Pozole Sliced Pineapple Cal.: 755 Prot.: 30	17 Japanese Pork Curry Vegetable Curry Croquettes Kinpira Gobo Chicken Noodle Soup w. Miso Honey Glazed Citrus Slices Cal.: 998 Prot.: 40	18 School Holiday	19 School Holiday	20
23	24	25	26	27
30	31			

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Soup **not included** in Bento Lunch