

## Lunch Menu January 2020

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                                                                                                                                                                             |
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|                                                                                                                                                                    |                                                                                                                                                                                                             | 1                                                                                                                                                                                     | 2                                                                                                                                                                                                            | 3                                                                                                                                                                                  |
| 6<br><br>School Holiday                                                                                                                                            | 7<br>Beef Stroganoff<br>Winter Harvest Roasted Vegetables<br>Herb Fettuccine Pasta<br>Steamed Broccoli<br>Potato & Leek Soup<br>Caramel Custard<br><br>Cal.: 1069    Prot.: 39                              | 8<br>Crispy Seared Chicken w. Mushroom Gravy<br>Tofu w. Mushrooms<br>Roasted Sweet Potatoes<br>Spinach w. Lemon & Garlic<br>Corn Chowder<br>Banana Cake<br><br>Cal.: 821    Prot.: 37 | 9<br>Pepperoni Pizza<br>Margarita Pizza<br>Farfalle Pasta w. Hot House Vegetables<br>Italian Sautéed Vegetables<br>Cream of Broccoli<br>Sliced Melon<br><br>Cal.: 670    Prot.: 23                           | 10<br>Indian Chicken Curry<br>Vegetable Masala<br>Cous Cous<br>Roasted Pumpkin<br>Lentil Soup<br>Mango Yogurt<br><br>Cal.: 825    Prot.: 36                                        |
| Weekly Special: Demi Hamburg                                                                                                                                       |                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                              |                                                                                                                                                                                    |
| 13<br>Chicken Fajitas<br>Vegetable Bean Fajitas<br>Tortillas w. Salsa<br>Roasted Corn<br>Garbanzo Soup<br>Fresh Bananas<br><br>Cal.: 792    Prot.: 38              | 14<br>Teriyaki Pork<br>Vegetable Yakisoba<br>Spring Rolls w. Dipping Sauce<br>Stir Fry Vegetables w. Baby Corn<br>Aburaage (Tofu) Soup<br>Sliced Pineapple<br><br>Cal.: 795    Prot.: 36                    | 15<br>Professional Development Day for Teachers                                                                                                                                       | 16<br>Beef Lasagna<br>Vegetarian Lasagna<br>Baked Focaccia<br>Cauliflower w. Broccoli<br>Minestrone Soup<br>Chocolate Cake<br><br>Cal.: 1124    Prot.: 37                                                    | 17<br>Pineapple Ginger Chicken<br>Vegetable Lo-Mein<br>Freshly Baked Butter Rolls<br>Stir Fry Vegetables<br>Egg Drop Soup<br>Coconut Custard<br><br>Cal.: 752    Prot.: 36         |
| Weekly Special: Gapao Rice                                                                                                                                         |                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                              |                                                                                                                                                                                    |
| 20<br>Hayashi Beef<br>Crispy Tofu w. Sesame & Garlic Sauce<br>Oden Style Vegetables<br>Snap Peas<br>Tonjiru<br>Sponge Cake<br><br>Cal.: 998    Prot.: 35           | 21<br>Louisiana Chicken<br>Cajun Vegetable Cream Pasta<br>CK Moist Sweet Corn Bread<br>Grilled Zucchini w. Garbanzo & Peppers<br>Creole Vegetable Gumbo Soup<br>Apple Crumble<br><br>Cal.: 761    Prot.: 45 | 22<br>Stir Fry Pork<br>Crispy Tofu w. Yuzu Sauce<br>Sesame Vegetable Noodles<br>Cabbage w. Carrots & Mushrooms<br>Carrot & Ginger Soup<br>Fresh Mikan<br><br>Cal.: 776    Prot.: 27   | 23<br>Cezars Roast Chicken<br>Tofu Hijiki Hamburg w. Soy Mayonnaise<br>Mashed Potatoes & Gravy<br>Roasted Carrots<br>French Onion Soup<br>Caramelized Pears<br><br>Cal.: 760    Prot.: 29                    | 24<br>Spaghetti Bolognese<br>Pasta Arrabbiata w. Eggplant<br>Garlic Breadsticks<br>Vegetable Caponata<br>Tuscan Bean Soup<br>Mixed Berry Pana Cotta<br><br>Cal.: 1316    Prot.: 40 |
| Weekly Special: Taco Rice                                                                                                                                          |                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                              |                                                                                                                                                                                    |
| 27<br>Herb Chicken<br>Winter Vegetable Medley<br>Rosemary Potatoes<br>Green Beans w. Carrots<br>Mixed Vegetable Soup<br>Sliced Fruit<br><br>Cal.: 753    Prot.: 34 | 28<br>Stir Fry Beef & Broccoli<br>Bok Choy w. Tofu<br>Shorompo w. Dipping Sauce<br>Chinese Vegetables w. Bean Sprouts<br>Asian Mushroom & Corn Soup<br>Orange Wedges<br><br>Cal.: 932    Prot.: 37          | 29<br>Cajun Fish<br>Mac N Cheese<br>Southern Chicken Tenders<br>Creole Style Vegetables<br>Broccoli Soup<br>Carrot Cake<br><br>Cal.: 869    Prot.: 47                                 | 30<br>Juicy Beef Burgers<br>Grilled Vegetarian Burgers<br>Crispy Potato Wedges<br>Mushrooms w. Peppers<br>Italian Vegetable & Bean Soup<br>Peaches w. Yogurt & Raspberry Sauce<br><br>Cal.: 984    Prot.: 27 | 31<br>Japanese Chicken Curry<br>Vegetable Curry<br>Croquettes<br>Kimpira Gobo<br>Miso Soup<br>Jelly<br><br>Cal.: 948    Prot.: 31                                                  |
| Weekly Special: Hayashi Beef                                                                                                                                       |                                                                                                                                                                                                             |                                                                                                                                                                                       |                                                                                                                                                                                                              |                                                                                                                                                                                    |