

Lunch Menu February 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
3 Teriyaki Chicken Vegetable Yakisoba Gyoza w. Dipping Sauce Stir Fry Vegetables w. Baby Corn Aburaage (Tofu) Soup Sliced Pineapple Cal.: 814 Prot.: 40	4 Spaghetti Bolognese Pasta Arrabbiata w. Eggplant Freshly Baked Ciabatta Vegetable Caponata Tuscan Bean Soup Mixed Berry Panna Cotta Cal.: 1284 Prot.: 41	5 Tandoori Chicken Falafel w. Tzatziki Sauce Pita Bread Roasted Vegetable Masala Pumpkin Soup Mango Crumble Cal.: 1088 Prot.: 39	6 Pepperoni Pizza Margarita Pizza Farfalle Pasta w. Hot House Vegetables Italian Vegetable Sauté Cream of Broccoli Sliced Melon Cal.: 670 Prot.: 23	7 Sicilian Basil Chicken Eggplant Parmesan Fettuccini Pomodoro Garlic Green Beans Lentil Soup Fruit w. Dried Cranberries in Syrup Cal.: 809 Prot.: 45
Weekly Special: Japanese Curry				
10 Barbeque Chicken Grilled Vegetables Scalloped Potato Gratin Buttered Corn Pea & Ham Soup Peach Cobbler Cal.: 752 Prot.: 33	11 No School Student Led Parent Teacher Conferences	12 Crispy Seared Chicken w. Mushroom Gravy Grilled Asparagus w. Peppers & Tomatoes Roasted Sweet Potatoes Spinach w. Lemon & Garlic Corn Chowder Banana Cake Cal.: 828 Prot.: 38	13 Beef Lasagna Vegetarian Lasagna Baked Focaccia Cauliflower w. Broccoli Minestrone Soup Chocolate Cake Cal.: 1124 Prot.: 37	14 Indian Chicken Curry Vegetable Masala Cous Cous Roasted Pumpkin Mulligatawny Soup Mango Yogurt Cal.: 826 Prot.: 38
Weekly Special: Chefs Pasta				
17 Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Vegetable Fajita Mexicali Soup Mixed Fruits Cal.: 743 Prot.: 32	18 Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potato Wedges Mushrooms & Peppers Italian Vegetable Bean Soup Peaches w. Yogurt & Raspberry Sauce Cal.: 980 Prot.: 27	19 Thai Holy Basil Chicken Green Vegetable Curry w. Fish Sauce Pad Thai Eggplant w. Garlic Soy Sauce Tom Yum Soup Mango Mousse Cal.: 922 Prot.: 62	20 School Holiday	21 School Holiday
Weekly Special: Butadon				
24 Hayashi Beef Crispy Tofu w. Sesame & Garlic Sauce Oden Style Vegetables Snap Peas Tonjiru Sponge Cake Cal.: 914 Prot.: 33	25 Japanese Pork Curry Vegetable Curry Croquettes Kimpira Gobo Miso Soup Jelly Cal.: 1011 Prot.: 51	26 Salmon w. Lemon Sauce Vegetable Sesame Noodles Crispy Thai Chicken w. Sweet Chili Sauce Stir Fry Greens w. Garlic Pumpkin & Coconut Soup w. Tofu Coconut Tapioca Cal.: 1011 Prot.: 51	27 Roast Chicken Tofu Hijiki Hamburg w. Soy Mayonnaise Mashed Potatoes & Gravy Roasted Carrots French Onion Soup Caramelized Pears Cal.: 760 Prot.: 30	28 Herb Crusted Whitefish Bouquetiere of Seasonal Vegetables Parsley Buttered Noodles Zucchini & Eggplant Provencal Cream of Corn Soup Merengue w. Mixed Berry Compote Cal.: 995 Prot.: 42
Weekly Special: Bolognese Pasta				

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