

September 2020



School Name

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Stir Fry Beef Bok Choy w. Tofu Vegetable Spring Rolls Cabbage w. Carrots & Mushrooms White Rice Coconut Custard	Sicilian Basil Chicken Eggplant Parmesan Fettuccini Pomodoro Garlic Green Beans Fruit w. Dried Cranberries in Syrup	Pork Tacos al Pastor Vegetable Bean Tacos Tortillas w. Salsa Roasted Zucchini w. Tomato White Rice Mango w. Pineapple & Spicy Lime Syrup	Crispy British Fish & Tartar Sauce Zucchini Provencal Potato Crisps Green Peas w. Onions White Rice English Bread Pudding
	Calorie : 920kcal / Protein : 29.7g	Calorie : 639kcal / Protein : 41.8g	Calorie : 650kcal / Protein : 24.4g	Calorie : 987kcal / Protein : 36.4g
7	8	9	10	11
Chicken Nachos Vegetable Bean Nachos Corn Chips w. Cheese Sauce Vegetable Fajita White Rice Mixed Fruit	Japanese Pork Curry Vegetable Curry Croquettes Kimpira Gobo White Rice Sponge Cake	Yakiniiku Chicken Grilled Japanese Vegetables Shumai w. Dipping Sauce Snap Peas w. Peppers White Rice Mikan	Juicy Beef Burgers Grilled Vegetarian Burgers Crispy Potato Wedges Mushrooms & Peppers Peaches w. Yogurt & Raspberry Sauce	Mandarin Chicken Sweet & Sour Tofu Vegetable Lo-Mein Stir Fry Broccoli w. Peppers White Rice Citrus Sliced w. Honey & Lemon
Calorie : 730kcal / Protein : 32.2g	Calorie : 830kcal / Protein : 30.3g	Calorie : 796kcal / Protein : 38.6g	Calorie : 937kcal / Protein : 27.3g	Calorie : 733kcal / Protein : 49.5g
14	15	16	17	18
Teriyaki Chicken Vegetable Yakisoba Gyoza w. Dipping Sauce Stir Fry Vegetables w. Baby Corn White Rice Sliced Pineapple	Japanese Braised Pork Yaki Tofu w. Yuzu Sauce Vegetable Yakisoba Edamame Gomae White Rice Citrus Mousse	Beef Lasagna Vegetarian Lasagna Baked Focaccia Green Beans w. Carrots Chocolate Cake	Thai Holy Basil Chicken Green Vegetable Curry w. Fish Sauce Pad Thai Eggplant w. Garlic Soy Sauce White Rice Fresh Fruit	Meat Lovers Pizza Margarita Pizza Farfalle Pasta w. Hot House Vegetables Italian Vegetable Sauté Sliced Melon
Calorie : 814kcal / Protein : 40.9g	Calorie : 1098kcal / Protein : 34.1g	Calorie : 1106kcal / Protein : 35.3g	Calorie : 782kcal / Protein : 50.2g	Calorie : 873kcal / Protein : 36.3g
21	22	23	24	25
No School This Day Back to School For Parents	Spaghetti Bolognese Pasta Arrabbiata w. Eggplant Freshly Baked Ciabatta Vegetable Caponata Carrot Cake	Butter Chicken Vegetable Tikka Garlic Naan Bread Roasted Pumpkin White Rice Orange Wedges	Cezars Roast Pork Vegetarian Loaf w. Vegetable Demi Baked Potatoes w. 3 Healthy Toppings Sautéed Spinach w. Mushrooms White Rice Caramelized Pears	Salmon w. Lemon Sauce Vegetable Sesame Noodles Crispy Thai Chicken w. Sweet Chili Sauce Stir Fry Greens w. Garlic White Rice Coconut Tapioca
	Calorie : 1284kcal / Protein : 41.0g	Calorie : 805kcal / Protein : 55.8g	Calorie : 658kcal / Protein : 32.9g	Calorie : 837kcal / Protein : 34.0g
28	29	30		
Barbeque Chicken Grilled Vegetables Scalloped Potato Gratin Buttered Corn White Rice Apple Crumble	Spaghetti & Meatballs Spaghetti Alfredo Ratatouille Broccoli Carrots & Cauliflower White Rice Fresh Melon w. Grapes	Indian Chicken Curry Vegetable Masala Cous Cous Roasted Pumpkin White Rice Mango w. Yogurt		
Calorie : 804kcal / Protein : 33.9g	Calorie : 721kcal / Protein : 25.0g	Calorie : 910kcal / Protein : 36.8g		