

Monday					Tuesday					Wednesday					Thursday					Friday					
<b>1</b>					<b>2</b>					<b>3</b>					<b>4</b>					<b>5</b>					
Herb Chicken (V) Grilled Vegetables w. Legumes White Rice Asparagus w. Lemon Pepper Grilled Peppers Tomato & Eggplant Confit Drink Fruits & Oat Crumble					Stir Fry Pork (V) Stir Fry Tofu White Rice Buttered Broccoli Pickled Daikon Moyashi w. Shimeji Drink Pound Cake					Pasta Bolognese (V) Pasta Arrabbiata w. Eggplant & Lentil Freshly Baked Ciabatta Zucchini Parmesan Julienne Carrots Green Peas Drink Fresh Melon w. Grapes					Chicken Fajitas (V) Vegetable Bean Fajitas White Rice Tortillas Salsa, Corn Chips w. Cheese Sauce Roasted Corn Drink Sliced Pineapple					Pasta Frutti Di Marre (Seafood Pasta) (V) Garbanzo & Pomodoro Pasta Focaccia Sauteed Cauliflower, Carrot Mixed Mushroom Pesto Asparagus Parmesan Drink Brownies					
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	
Calorie 1064kcal Protein 39.1g					Calorie 804kcal Protein 21.6g					Calorie 1139kcal Protein 37.4g					Calorie 1103kcal Protein 39.3g					Calorie 960kcal Protein 38.7g					
<b>8</b>					<b>9</b>					<b>10</b>					<b>11</b>					<b>12</b>					
Saboro Chicken (V) Vegetarian Harusame w. Tofu White Rice Green Peas, Spinach Gomae Japanese Egg Scramble Pickled Ginger Drink Apple Wedges w. Grapes					Hayashi Beef (V) Edamame Stir fry w. Sesame & Garlic White Rice Snap Peas Fukujinzuke (Pickled Lotus & Daikon) Carrot Flowers Drink Fresh Sliced Fruit					Oregano Pork (V) Mushroom and Tofu Pesto White Rice Zucchini Provencal Grilled Yellow Peppers w. Red Onion Cauliflower, Sauteed Cabbage Drink Happy Carrot Cake					Kheema Chicken Curry (V) Vegetable Makhani White Rice Falafel w. Tzatziki Sauce Stir Fry Vegetables Crispy Okura, Shibazuke (Cucumber) Drink Mango w. Pineapple					Baked Cod w. Lemon Herb Butter (V) Zucchini w. Lemon & Garbanzo White Rice Parsley Boiled Potatoes Tomato & Eggplant Confit Garlic Green Beans Drink Chocolate Cake					
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	
Calorie 728kcal Protein 31.0g					Calorie 932kcal Protein 29.8g					Calorie 983kcal Protein 39.0g					Calorie 1068kcal Protein 33.0g					Calorie 944kcal Protein 33.5g					
<b>15</b>					<b>16</b>					<b>17</b>					<b>18</b>					<b>19</b>					
Shogayaki (Ginger Pork) Miso Soy Glazed Eggplant w. Tofu White Rice Sauteed Broccoli Beni Shoga, Tomatoes Tamagoyaki Drink Orange Wedges					Miso Chicken (V) Miso Glazed Tofu w. Edamame White Rice Snap Peas, Shumai Stewed Renkon Okinawa Okra Drink Fresh Fruit					Irish Stew (V) Kidney Bean & Mushroom Pie White Rice Green Beans Brussel Sprouts Whole Corn Drink Waterford Apple Cake					Classic Chicken Supreme (V) Lemon Grilled Tofu Penne Primavera Sauteed Broccoli Roasted Pumpkin Grilled Pearl Onions Drink Mixed Fruit					Fish Fingers (V) Chick Pea Fingers White Rice Steamed Carrots Cucumbers w. Cherry Tomatoes Cabbage w. Young Corn Drink Sponge Cake					
EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH	SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		FISH
Calorie 1032kcal Protein 37.0g					Calorie 815kcal Protein 40.3g					Calorie 722kcal Protein 27.7g					Calorie 962kcal Protein 40.9g					Calorie 966kcal Protein 33.7g					
<b>22</b>					<b>23</b>					<b>24</b>					<b>25</b>					<b>26</b>					
Spring Holidays					Spring Holidays					Spring Holidays					Spring Holidays					Spring Holidays					
<b>29</b>					<b>30</b>					<b>31</b>															
Kimchi Pork (V) Tofu & Shimeji Bulgogi White Rice Japchae Spring Rolls w. Dipping Sauce Glazed Eggplant w. Soy Ginger Drink Fresh Fruit w. Tapioca in Syrup					Chicken Nanban w. Tartar Sauce (V) Tempura Vegetables White Rice Gyoza (V) Spinach Ohitashi Kinpira Gobo Japanese Potato Salad Drink Mikan w. Mango					Yakiniku Beef (V) Namuru Vegetables w. Tofu White Rice Snow Peas Sauteed Carrot Flowers Grilled Shitake Mushrooms Drink Fresh Bananas															
EGG		WHEAT		SOY	EGG	DAIRY	WHEAT		SOY	EGG	DAIRY	WHEAT		SOY		DAIRY	WHEAT		SOY						
Calorie 921kcal Protein 24.1g					Calorie 1083kcal Protein 39.2g					Calorie 857kcal Protein 37.4g															