

**LUNCH
MENU**

Steamed rice, furikake, salad dressings
and salad condiments also included
with Set Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
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4	5	6 Chicken Parmigiana Tofu Burgers <i>In a Tomato Sauce</i> Cauliflower Cheese Peas Sweet Corn Salad French Onion Soup Raspberry Yoghurt Sponge	7 Grilled Lean Pork Veggie Yaki Soba Vegetable Spring Rolls Carrot Coins Tomato & Cucumber salad Miso Soup Fruit & Yoghurt	8 Chicken Karaage Macaroni & Cheese Ratatouille Green Beans Cobb Salad Chicken Noodle Soup Fruit Cobbler
11 Beef Tacos Bean Tacos Corn Tortillas Mexicali Corn Potato Salad Carrot Soup Banana Cake	12 Tandoori Chicken <i>With mint yoghurt sauce</i> Spiced Potatoes & Peas Nan Bread Cauliflower & Beans Cucumber & Yoghurt Salad Creamy Tomato Soup Crème Caramel	13 Chicken Ravioli Spaghetti <i>With Sauce of the day</i> Broccoli cheese Sautéed Spinach Couscous Salad Pea & Ham Soup Fresh Fruit	14 Chefs Catch of the Day See cafeteria for special Baked Potatoes <i>With 3 fillings</i> Peas Soy Bean Salad Cauliflower Soup Rice Pudding with Berries	15 Ham Pizza Veggie Pizza Pasta (Meat & Veggie Sauces) Mixed Veggies Asian Salad Pumpkin Soup Banana Custard
18 Chicken Hot Dogs Veggie Dogs Veggie Bake Corn on the cob Coleslaw Salad Mixed Vegetable Soup Yoghurt 	19 Beef Lasagna Veggie Lasagna Garlic Bread Broccoli Garden Salad Minestrone Soup Fruit Jelly	20 Chicken Chop Suey Tofu & Veggie Chop Suey Shumai Green Beans Glass Noodle Salad Veggie Noodle Soup Carrot Cake	21 Meatloaf Smashed Potatoes! Homemade Baked Beans! Cauliflower Caesar Salad Corn Chowder Mikan	22 Grilled Chicken Potato Bake Eggplant Parmigiana Sweet Corn Tofu & Green Salad Broccoli Soup Fresh Fruit
25 Chicken or Veggie Burgers Tuna & Potato Bake Tater Tots Broccoli Soy Bean Salad Carrot Soup Bananas	26 Teri Yaki Salmon Chicken Noodles Veggie Noodles Soy Beans Carrot & Raisin Salad Potato Soup Fruit Cobbler	27 Swedish Meatballs Seasonal Vegetable Bake With Crispy-Topping Herb Bread Stir Fry Veggies Sweet Corn Salad Creamy Tomato Soup Fruit Salad	28 Roast Day! + ¥ 150 A Traditional Roast Mashed Potato Steamed Veggies Onion Gravy Sauce Caesar Salad Cauliflower Soup Baked Custard	29 Meat Lovers- Pizza Subs Veggie Pizza Subs Pasta (Meat & Tomato Sauces) Sautéed Cabbage Mixed Bean Salad Corn Soup Fruit Yoghurt

* Choices may vary at individual schools depending on product availability*