

LUNCH MENU

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

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

HOO RAY FOR THE AFTER SCHOOL SNACK PROGRAM

ENJOY HEALTHY SNACKS

April

square meals
Have FUN and color me!

Monday Tuesday Wednesday Thursday Friday

			1 Grilled Lean Pork Veggie Yaki Soba Vegetable Spring Rolls Carrot Coins Pumpkin Salad Chicken Noodle Soup Fruit Cobbler	2 Chicken Karaage Macaroni & Cheese Ratatouille Green Beans Cobb Salad Miso Soup Fruit & Yoghurt
5 Beef Burgers Veggie Burgers Cajun Potato Wedges Eggplant Parmigiana Coleslaw Salad Carrot Soup Crème Caramel	6 Chicken Tikka <i>Mint Yoghurt Sauce</i> Roasted Veggies in Couscous Nan Bread Cauliflower & Beans Cucumber & Yoghurt Salad Creamy Tomato Soup Banana Cake	7 Gnocchi Bolognese Gnocchi Tomato Sauce Seasonal Vegetable Bake Steamed Carrots Veggie Stick Salad Pea & Ham Soup Fresh Fruit	8 Chefs Catch of the Day <i>See Cafeteria for Fish Special</i> Baked Potatoes <i>With 3 fillings</i> Peas Mixed Bean Salad Cauliflower Soup Rice Pudding with Berries	9 Ham & Cheese Pizza Veggie Pizza Pasta <i>Meat & Veggie Sauces</i> Sweet Corn Asian Salad Pumpkin Soup Strawberry Custard
12 Pork Hot Dogs Veggie Dogs Veggie Bake Corn on the cob Pasta Salad Mixed Vegetable Soup Yoghurt	13 Beef Lasagna Veggie Lasagna Garlic Bread Steamed Okra Garden Salad Minestrone Soup Fresh Fruit	14 Chicken in Black Bean Sauce Tofu Burgers <i>In a Tomato Sauce</i> Shumai Sautéed Spinach Couscous Salad Vegetable Cream Soup Mikan	15 Chefs Curry Veggie Curry Spiced Potato & Peas Roasted Pumpkin Glass Noodle Salad Veggie Noodle Soup Carrot Cake	16 Grilled Chicken Sweet Potato Mash Eggplant Parmigiana Mixed Veggies Tofu & Green Salad Broccoli Soup Fruit Jelly
19 Chicken Burgers Veggie Burgers Tater Tots Broccoli Ramen Noodle Salad Creamy Tomato Soup Bananas	20 Teri Yaki Salmon Chicken Noodles Veggie Noodles Peas Carrot & Raisin Salad Potato Soup Fruit Cobbler	21 Beef Ravioli Spaghetti <i>With Sauce of the Day</i> Broccoli Cheese <i>With Crispy Topping</i> Mixed Veggies Sweet Corn Salad Carrot Soup Fruit Salad	22 Chefs Stew Veggie Stew Cauliflower Cheese Stir Fry Veggies Asian Salad Pumpkin Soup Sliced Oranges	23 Meat Lovers Pizza Subs Veggie Pizza Subs Pasta <i>Meat & Tomato Sauces</i> Sautéed Cabbage Mixed Bean Salad Miso Soup Fruit Yoghurt
26 Beef Tacos Bean Tacos Corn Chips Steamed Corn Soy Bean Salad Pumpkin Soup Rice Pudding with Berries	27 Poached Chicken <i>With a Volute Sauce</i> Veggie Croquettes Garlic Bread Green Beans Caesar Salad French Onion Soup Mikan	28 Beef Stroganoff Veggie Stroganoff Buttered Noodles Carrot Coins Sweet Potato Salad Corn Chowder Raspberry Yoghurt Sponge	29 Roast Day! + ¥ 150 A Traditional Roast Mashed Potato Onion Gravy Sauce Steamed Veggies Cobb Salad Cauliflower Soup Baked Custard	30 Ham & Cheese Pizza Veggie Pizza Pasta <i>Meat & Veggie Sauces</i> Honey Roasted Carrots Pumpkin Salad Chicken Noodle Soup Fruit Tapioca