

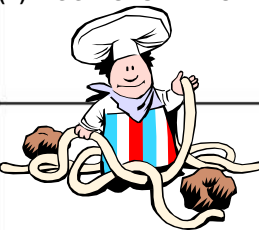



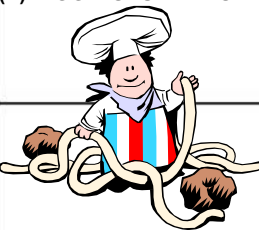


CEZARS KITCHEN

October 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TACO MONDAY! (M) BEEF TACOS 1 <i>Mild beef chili</i> (V) REFRIED BEAN FAJITA <i>Mild veggie chili</i> (V) CORN CHIPS <i>Crispy corn triangles</i> (V) HEALTHY TOPPINGS <i>Cheese, tomato, lettuce.....</i>	(M) CHICKEN TERIYAKI 2 <i>Chicken in a sweet soy sauce</i> (V) TOFU TERIYAKI <i>Tofu in a sweet soy sauce</i> (V) VEGGIE STIR FRY <i>Asian seasonal veggies</i>	(M) BEEF LASAGNA 3 <i>Beef pasta topped With cheese</i> (V) VEGGIE LASAGNA <i>Veggie pasta topped With cheese</i> (V) GARLIC HERB BREAD <i>Crispy homemade Italian style bread</i>	(M) CHICKEN KARAAGE 4 <i>Japanese chicken Nuggets!</i> (V) MACARONI & CHEESE <i>Everyone's favorite Cheese pasta</i> (V) RATATOUILLE <i>French vegetable dish in tomato sauce</i>	BURGER FRIDAY! 5 (M) SLOPPY JOE BURGERS <i>Seasoned beef topping</i> (V) SLOPPY JOE TOFU BURGERS <i>Seasoned soy topping</i> (V) POTATO WEDGES <i>Fried potato</i>
HOTDOG MONDAY! 8 (M) PORK HOTDOGS (V) HEALTHY FILLINGS <i>Cheese, tomato, lettuce.....</i> 	(M) BAKED COD FILLETS 9 <i>Oven baked fish fillets</i> (V) LEMON PARSLEY SAUCE <i>Tangy white sauce with herbs</i> (V) WARM POTATO SALAD WITH GREEN BEANS <i>Whole steamed baby potatoes With beans and parsley</i>	(M) CEZARS CHICKEN CURRY 10 <i>Mild tomato & red pepper curry</i> (V) VEGGIE COCONUT CURRY <i>Seasonal veggies in a Coconut sauce</i> (V) VEGGIE CROQUETTES <i>Crispy potato nuggets</i>	(M) SWEET & SOUR PORK 11 <i>Pork in a tangy Asian sauce with veggies</i> (V) SWEET & SOUR TOFU <i>Tofu in a tangy Asian sauce With veggies</i> (V) SPRINGROLLS <i>*Now fully vegetarian!*</i>	PIZZA FRIDAY! 12 (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
MEXICAN MONDAY! 15 (M) CHICKEN FAJITAS <i>Mild chicken chili with Peppers & onion</i> (V) REFRIED BEAN FAJITA <i>Mild veggie chili</i> (V) TORTILLAS <i>Fresh soft tortillas</i>	(M) MEATLOAF 16 <i>The all American baked beef dish with gravy</i> (V) TOFU LOAF <i>Our vegetarian version with A tasty tomato sauce</i> (V) POTATO GRATIN <i>Potato in a white sauce Topped of with a crispy Cheese crust</i>	(M) CHINESE BEEF NOODLES 17 <i>A dry style dish with beef & veggies</i> (V) VEGGIE YAKI SOBA NOODLES <i>Vegetarian noodles and Veggies with a soy sauce</i> (M) TACOYAKI <i>Japanese octopus dumplings</i>	ROAST DAY! 18 (M) ROAST BEEF (V) ROAST VEGGIES (V) MASHED POTATO (M) STEAMED VEGGIES (M) GRAVY (V) PUMPKIN SOUP (V) BROWNIES & CUSTARD <i>(Y150 EXTRA CHARGE)</i>	HAMBERG FRIDAY! 19 (M) PORK HAMBURG WITH GRAVY <i>Pork & beef Pattie with gravy</i> (V) TOFU HAMBURG WITH TOMATO SAUCE <i>Tofu Pattie with tomato sauce</i> (V) SPECIAL FRIED RICE <i>Chinese style vegetarian rice</i>
(M) BARBACUE CHICKEN 22 <i>Chicken breast in a Barbecue sauce</i> (V) VEGGIE SCRAMBLED EGGS <i>Seasonal veggies & egg</i> (V) BROCOLI IN A WHITE SAUCE	(M) PORK YAKI SOBA 23 <i>Pork, veggies and soba Noodles with a soy sauce</i> (V) VEGGIE YAKI SOBA <i>Seasonal veggies and soba Noodles with a soy sauce</i> (M) SHUMAI <i>Chinese pork dumplings</i>	(M) TANDOORI CHICKEN 24 <i>A oven baked mild spiced Indian Chicken dish</i> (V) VEGGIE BAKE <i>Seasonal veggies in a white Sauce with a cheese crust</i> (V) HERB POTATOES <i>Diced oven baked potatoes Tossed in olive oil & herbs</i>	(M) MABO TOFU 25 <i>Chinese pork and tofu Dish</i> (V) NASU TOFU <i>Chinese eggplant and tofu Dish</i> (V) MACARONI & CHEESE <i>Everyone's favorite Cheese pasta</i>	PIZZA FRIDAY! 26 (M) MEAT PIZZA (V) VEGGIE PIZZA (V) CHEESE PIZZA (M) MEAT SAUCE PASTA (V) VEGGIE SAUCE PASTA 
HOTDOG MONDAY! 29 (M) PORK HOTDOGS (V) TOFU HOTDOGS (V) HEALTHY FILLINGS <i>Cheese, tomato, lettuce.....</i> 	(M) MILD PORK CURRY 30 <i>Japanese style</i> (V) MILD VEG CURRY <i>Our fully vegetarian version</i> (V) POTATO CROQUETTES <i>Crispy potato nuggets</i>	HAPPY HALLOWEEN 31 GOBLIN'S FINGERS (M) CHICKEN STRIPS WITCHES HAIR (V) CHINESE VEGGIE NOODLES 		

LUNCH SET MEAL INCLUDES

*2 HOT MAIN DISHES

*FRESH VEGGIES OF THE DAY

*CHEFS HOMEMADE SOUP

*2 FRESH CRISP SALADS WITH CHOICE OF DRESSINGS

*1 MOUTH WATERING DESSERTS

*STEAMED WHITE OR BROWN RICE WITH FURIKAKE

*ASSORTMENT OF CONDIMENTS

Cezars News

VIEW ALL OF YOUR ACCOUNT PURCHASES, CURRENT BALANCE AND SET AN AUTOMATIC E-MAIL REMINDER FOR WHEN YOUR ACCOUNT IS RUNNING LOW ON FUNDS. ALL OF THIS CAN BE DONE WITH **PAYPAMS**. PLEASE GO TO www.paypams.com AND CREATE YOUR ACCOUNT TODAY, ITS FREE, FAST AND EASY AND THE BEST WAY TO SEE WHAT YOUR KIDS ARE EATING DAILY! SEE YOUR CAFETERIA MANAGER FOR DETAILS