

September 2021

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Meat Balls Tomato Stew Sauteed Asparagus & Eringi Mushroom Colorful Salad White Rice	2 Breaded White Fish Sauteed Colorful Peppers Potato Salad White Rice	3 Teriyaki Chicken Burger French Fries Tomato & Green Leaves Fruits
6 No Lunch	7 Chicken Karaage Tosa Style Simmered Bamboo Spinach & Shredded Omelet White Rice	8 Pork Bulgogi Sauteed Broccoli & Carrot Harusame Salad White Rice	9 Taco Beef Roasted Potato Tomato & Lettuce White Rice	10 Chicken Katsu Mac & Cheese Colorful Salad White Rice
13 Barbeque Chicken Garlic Green Beans Corn Salad White Rice	14 Herb Crusted Salmon Roasted Pumpkin Wafu (Japanese Style) Salad White Rice	15 Pork Fajitas Sauteed Mushroom Coleslaw White Rice	16 Chicken Cacciatore German Potato Beans Salad White Rice	17 Seafood Pizza Cut Corn Green Salad Fruits
20 No Lunch	21 Herb Roasted Chicken Roasted Green Beans & Carrot Tuna & Broccoli Salad White Rice	22 Char Siu Pork Roasted Sweet Potato Bean Sprout Namul White Rice	23 Hayashi Beef Sauteed Baby Corn & Cauliflower Carrot Rapee White Rice	24 Tandoori Chicken Curried Cauliflower & Peas Chopped Salad White Rice
27 Coconut Chicken Curry Cheese Grilled Broccoli Snap Pea & Corn Salad White Rice	28 Hamburg Steak Stew Buttered Spinach Macaroni Salad White Rice	29 Bolognaise Salad Wholegrain Focaccia Organic Spaghetti	30 Chicken Kebab Sauteed Potato & Pepper Cheese & Broccoli Salad White Rice	



At Okinawa Christian School International, Cezars Kitchen does not use Nuts in any of our recipes.
The Lunch Service has White Rice as an option every operation day even on days it's not on the menu list.