

HeadStart Lunch Menu Week 1					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Russian Dumplings (Pelmeni) <i>*chicken or pork, egg, flour Served with Sour Cream</i> (V) Russian Dumplings (Pelmeni) <i>*potato, egg, flour</i>	Oven Roasted Paprika Chicken (V) Potato Au Gratin <i>*potato, cream, cheese</i>	Spanish Potato-Ham Omelette <i>*potato, onion, egg (V) Spanish Potato Omelette *potato, onion, egg</i>	Chili Con Carne <i>*beef, kidney beans, tomato, spices Served with Tortilla & Sautéed Mushrooms</i>	Spaghetti Bolognese, Carbonara <i>*beef, onion, carrot, tomato sauce, Italian herbs *ham, onions, mushroom, cream</i>
	ไก่ย่างโรสชีส	ไก่อบซอสปาปริก้า + มันฝรั่งบดชีส	ไข่ต้มปั่นใส่มันฝรั่งและเนย	เนื้อคอกวนข้าวต้ม + ขนมปังอัลมอนด์ + เติ้ลผักกระเทียม	สปาเก็ตตี้ ซอสเนื้อ + คานันนาร์
Spicy Asian Option	Korean Beef Bulgogi <i>*beef, oyster sauce, chicken, garlic, sesame seeds sesame oil, spring onion</i>	Kao Soi Chicken Curry <i>*chicken, curry paste, coconut milk (V) Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens</i>	Spicy Minced Pork Salad (Larb Moo) <i>*pork, rice, herbs, chili, fish sauce, lime</i>	Pad Thai Chicken <i>*chicken, bean sprouts, tofu</i>	Green Curry Chicken Fried Rice <i>*chicken, vegetables, curry paste, fish sauce</i>
	เนื้อเกาหลี	ข้าวซอยไก่	ลาบหมู	ผัดไทยไก่	ข้าวผัดแกงเขียวหวานไก่
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Sticky Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Mixed Rice (Red, Brown & White Rice)
Thai Option (non-spicy)	Thai Yellow Rice (Khao Mok Gai) <i>*rice, boiled chicken, chicken stock fried shallots, herbs, spices</i>	Deep Fried Fish with Chilli Sauce <i>*Sea bass, garlic, chili, Thai basil</i>	Thai Grilled Chicken <i>*chicken, soy sauce, coconut sugar, herbs</i>	Pork Spare Ribs Soup <i>*pork, shitate mushrooms, goji berries</i>	Chicken Satay with Peanut Sauce <i>*chicken, spices, peanuts, coconut milk</i>
	ข้าวหมูไก่	ปลาทอดราดพริก	ไก่ย่าง	ซี่โครงหมูต้มยำจีน	ไก่สะเต๊ะ + ซอสถั่ว
Spicy Vegetarian Option	(V) Spicy Dahl Tadka <i>*yellow lentils, onions, spices, vegetables</i>	(V) Kao Soi Vegetable Curry <i>*tofu, vegetables, curry paste, rice noodles (V) Soft & Crunchy Egg Noodles</i>	(V) Moroccan Chickpea Stew <i>*chickpeas, onion, tomato sauce, spices, mixed vegetables</i>	(V) Chili 'Sin Carne' <i>*mixed beans, vegetables, tomato, mushroom, spices, veggie stock</i>	(V) Spaghetti Marinara <i>*tomato, onion, garlic, basil (V) Tofu Satay with Peanut Sauce *tofu, spices, peanuts, coconut milk</i>
	สตว์ถั่วอินเดีย	ข้าวซอยมังสวิรัติ	ถั่วและผักอบแบบอินทรีย์ค็อค	ผัดกอกวนข้าวต้มและถั่ว	สะเต๊ะเต้าหู้ + สปาเก็ตตี้ซอสมะเขือเทศ
Vegetarian Option (non-spicy)	(V) Sesame and Vegetable Soba Noodles <i>*soba, sesame oil, seeds, vegetables</i>	(V) Thai Omelette with Onion <i>*onion, egg (V) Stir-Fried Tempeh Black Pepper Sauce</i>	(V) Stir-fried Mixed Vegetable <i>*green cabbage, carrot, mushroom, broccoli, baby corn, mushroom sauce, soy sauce</i>	(V) Jacket Potatoes <i>*cheese, spring onion, sour cream (V) Tortilla (V) Sautéed Mushrooms</i>	(V) Stir-Fried Egg Noodles with Vegetables & Soya Sauce <i>*egg noodles, vegetable, soya sauce</i>
	บะกั๊วซัน	ไข่เจียวทอมน้ำมัน+เหนเป่ผัดพริกไทยดำ	ผัดผักรวม	มันต้มชีส + ขนมปังอัลมอนด์ + เติ้ลผักกระเทียม	ผัดหมูมันฝรั่ง
Soup of the Day	Chicken Noodle Egg Drop Soup <i>*chicken, rice noodles, egg (V) Noodle Drop Soup *rice noodles, veggie stock</i>	(V) Minestrone Soup <i>*beans, vegetables, veggie stock</i>	Corn Cream Soup Tom Kha Gai <i>*chicken, coconut cream, corn, fish sauce, herbs (V) Miso Soup</i>	(V) Pumpkin-Carrot Soup <i>*pumpkin, onion, carrot, veggie stock, cream (V) Miso Soup</i>	Beef Goulash Soup <i>*beef, onion, potato, zucchini, beef stock (V) Miso Soup</i>
	แกงจืดไก่หมี่ตัว ไข่ + แกงจืดหมี่ตัว	ซุปรวมผักกาดเขียว	ซุปรวมไก่คั่วต้ม + ซุปมิโสะ	ซุปรวมทงคอกวน + ซุปมิโสะ	ซุปรวมถั่วเขียว + ซุปมิโสะ
Salad of the Day	(V) Waldorf Salad <i>*cabbage, apples, celery, cashew nuts, raisins, mayonnaise</i>	Caesar Salad with Bacon <i>*cos salad, parmesan, bacon, egg, mayo, croutons (V) Caesar Salad *cos salad, parmesan, egg, mayo, croutons</i>	Som Tam Thai <i>*green papaya, tomato, garlic, chili, lime, coconut sugar, fish sauce (V) Som Tam</i>	(V) Salsa Salad (V) Guacamole <i>*tomato, cucumber, onions, cilantro *avocado</i>	(V) Cucumbers in Sweet Vinegar <i>*cucumber, shallots, sugar, white vinegar</i>
	สลัดวอลดอร์ฟ	ชีสซาลัด	ส้มตำ	สลัดซาซซา + สลัดกัวคาโมเล	แตงกวาน้ำจิ้มจาด
Salad Bar	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Roasted Pork, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Pork, Beans & Seeds, Pasta Bread, Seasonal Fruits, Yogurt, Soaked Chia	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Roasted Beef, Beans & Seeds, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Chicken, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Boiled Chicken, Beans & Seeds, Pasta, Bread, Seasonal Fruits
Dressings & Condiments	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Crushed Peanuts, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter
Primary Snack AM	Mini Banana Muffin & Milk or Soy Milk	Boiled Quail Eggs & Milk or Soy Milk	Veggie Sticks with Cream Cheese Dip & Milk or Soy Milk	Flapjacks and Milk or Soy Milk	Corn on the Cob and Milk or Soy Milk
Primary Snack PM	Watermelon & Milk or Soy Milk	Apples & Milk or Soy Milk	Mango & Milk or Soy Milk	Yogurt with Frozen Fruit & Milk or Soy Milk	Bananas & Milk or Soy Milk
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HeadStart Lunch Menu Week 2					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Chicken Schnitzel <i>*chicken breast, bread crumbs, egg (V) Cheese (V) Burger Buns</i>	Roast Beef with Mushroom Gravy (V) Roasted Root Vegetables <i>*potato, sweet potato, carrot, onions</i>	Grilled Veal Sausages, Fish Fingers <i>*fish fillets, bread crumbs, egg Mushroom Gravy (V) Mashed Potatoes *potato, cream, milk, cheese</i>	Italian Meatballs in Tomato Sauce <i>*beef, onion, bread crumbs, egg, tomato sauce, Italian herbs (V) Linguine Pasta</i>	(V) Falafels (V) Pita Bread (V) Spicy Eggplant (V) Hummus <i>*chickpeas, tomato, spices, herbs, olive oil</i>
	เบอร์เกอร์ไก่กรอบ	สเต็กเนื้อ + ผักอบ	ไส้กรอกหมูย่าง + มันต้ม + ปลาทอดซุปรวมผักกาดเขียว	เนื้อบดคั่วเสียบไม้ซอสมะเขือเทศ + เส้นลวกจีน	พาลาเฟล + ขนมปังพิซซ่า + น้ำพริกมะเขือขาว + ถัวมถั
Spicy Asian Option	Red Curry with Fish Balls <i>*fish, curry paste, young bamboo, salt, coconut cream</i>	Chilli-Basil Pork Stir fry (Pad Kaprao) <i>*pork, garlic, chili, Thai basil, soy sauce, oyster sauce</i>	Indian Chicken Curry <i>*chicken, yogurt, onions, potatoes, spices</i>	Onion-Pepper Pork Stir fry <i>*pork, onions, soy sauce, black pepper</i>	Red Curry Chicken Stir fry <i>*chicken, curry paste, yard long beans, coconut cream, fish sauce</i>
	แกงเผ็ดปลาสดหน่อไม้	ผัดกะเพราหมู + ไข่ดาว	แกงกะหรี่ไก่อินเดีย	หมูผัดพริกไทยดำ	ผัดพริกแกงไก่ผัดผัวยาว
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Mixed Rice (Red, Brown & White Rice)
Thai Option (non-spicy)	Hainanese Chicken Rice (Khao Mun Gai) <i>*rice, chicken, broth, garlic, winter melon, herbs</i>	Boiled Eggs in Chicken Soup (Kai Palo) <i>*chicken, five spices, soy sauce, egg</i>	Chicken Fried Rice <i>*chicken, vegetables, soy sauce, egg</i>	Chicken Noodle Soup with Greens <i>*chicken, noodles, vegetables, herbs, fish sauce</i>	Fried Chicken with Garlic & Pepper <i>*chicken, garlic, black pepper, soy sauce</i>
	ข้าวหมูไก่ + ซุปผัก	พวี่โล่ไก่ไข่	ข้าวผัดไก่	กวนเต้าหู้คั่วต้ม	ไก่ทอดกระเทียมพริกไทย
Spicy Vegetarian Option	(V) Red Curry with Vegetables <i>*tofu, mixed vegetables, white beans, curry paste, coconut cream, mushroom soy sauce</i>	(V) Greek Vegetable Stew <i>*potato, lentils, peppers, eggplant, courgette, carrot, mushroom, celery, veggie stock</i>	(V) Indian Chickpea & Potato Curry <i>*chickpeas, yogurt, onions, potatoes, spices</i>	(V) Oven-baked Ratatouille <i>*tomato, mixed vegetables, aubergine, onion, courgette, tomato sauce</i>	(V) Red Curry Veggie Stir fry <i>*mixed vegetables, cashew nuts, tofu, curry paste, coconut cream, mushroom soy sauce</i>
	แกงผักรวม	สตว์ผัก	แกงอินเดียใส่ถั่วลูกไก่ + มันฝรั่ง	ราดากวน	ผัดพริกแกงผัดใส่เบคอนมะม่วงหิมพานต์
Vegetarian Option (non-spicy)	(V) Mini Bean Burgers <i>*chickpeas, beans, nuts, egg</i>	(V) Veggie Nuggets <i>*veggies, seeds, nuts, egg, flour (V) Grilled Tempeh Garlic sauce</i>	(V) Glass Noodle Veggie Stir fry <i>*mixed vegetables, egg, mushroom, soy sauce, mushroom soy sauce</i>	(V) Penne with Pesto <i>*cashew nuts, parmesan, basil, olive oil</i>	(V) Vegetable Tempura <i>*vegetables, cornflour, egg</i>
	เบอร์เกอร์ถั่ว	นั้กเกิดผักรวม+เหนเป่ไก่รสสะระเทียม	ผัดวุ้นเส้น	เพนเนซอสเพสโต	ผัดซุปรวมถั่วทอด
Soup of the Day	French Onion Soup <i>*beef broth, onions, spices (V) Miso Soup</i>	(V) Miso Soup <i>*miso paste, veggie broth, seaweed, silken tofu</i>	Italian Fish Soup <i>*fish, tomato, basil, shallot, garlic, celery (V) Miso Soup</i>	Cream of Water Cress Soup <i>*water cress, onions, veggie stock, cream (V) Miso Soup</i>	Cream of Mushroom Soup <i>*mushroom, veggie stock, cream (V) Miso Soup</i>
	ซุปรวมหัวหอมฝรั่งเศส + ซุปมิโสะ	ซุปรมิโสะ	ซุปรวมปลาเคียวเสียบ + ซุปมิโสะ	ซุปรวมคอโรคัส + ซุปมิโสะ	ซุปรวมไก่ + ซุปมิโสะ
Salad of the Day	(V) Coleslaw <i>*cabbage, carrot, apple, mayo</i>	Potato Salad <i>*potato, carrot, chicken, quail eggs, mayo (V) Potato Salad *potato, carrot, quail eggs, mayo</i>	(V) Grilled Pumpkin and Rocket Salad <i>*pumpkin, rocket, cranberries, almond</i>	Glass Noodle Chicken Salad (Yum Woonsen) <i>*chicken, veggie, fish sauce, glass noodles (V) Glass Noodle Tofu Salad *veggies, tofu, veggie sauce, glass noodles</i>	(V) Mixed Salad (V) Beet Root in Vinaigrette
	สลัดคอลลสลอว์	สลัดมันฝรั่ง	สลัดพริกทออบย่างกับถักร็อกเก็ต	ยั่ววุ้นเส้นไก่ต้ม + ยั่ววุ้นเส้นเต้าหู้	สลัดรวม + สลัดบิทรุก
Salad Bar	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Boiled Chicken, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Pork, Beans & Seeds, Pasta Bread, Seasonal Fruits, Yogurt, Soaked Chia	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Roasted Beef, Beans & Seeds, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Chicken, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Boiled Chicken, Beans & Seeds, Pasta, Bread, Seasonal Fruits
Dressings & Condiments	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter
Primary Snack AM	Mini Banana Muffin & Milk or Soy Milk	Boiled Quail Eggs & Milk or Soy Milk	Veggie Sticks with Cream Cheese Dip & Milk or Soy Milk	Flapjacks and Milk or Soy Milk	Corn on the Cob and Milk or Soy Milk
Primary Snack PM	Watermelon & Milk or Soy Milk	Apples & Milk or Soy Milk	Mango & Milk or Soy Milk	Yogurt with Frozen Fruit & Milk or Soy Milk	Bananas & Milk or Soy Milk
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HeadStart Lunch Menu Week 3					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Grilled Chicken Teriyaki <i>*chicken, teriyaki sauce</i>	Popcorn Chicken <i>*chicken, flour, egg, seasoning (V) Mashed Potato *potato, cream, milk, cheese</i>	Chinese Beef & Broccoli Stir fry <i>*beef, broccoli, onions, oyster sauce, soy sauce, sesame seeds</i>	Beef Stroganoff <i>*beef, onions, peppers, cream Linguine Pasta</i>	Sandwich Day <i>*bread, cheese slices, tuna salad, roasted pork, roast chicken</i>
	ไก่ย่างซอสเทริยากิ	ไก่ป๊อปคอร์น + มันบด	ผัดบร็อคโคลี่เนื้อนำหมูอบ	สโตรกานอฟเนื้อ + เส้นลวกจีน	ขนมปังแซนด์วิช + ชีสเนย + สลัดทูน่า + หมูอบ + ไก่อบ
Spicy Asian Option	Chicken Green Curry <i>*chicken, curry paste, eggplant, coconut cream, fish sauce, herbs (V) Fresh Rice-Noodles (Kanom Jeen)</i>	Balinese Fried Rice (Nasi Goreng) <i>*rice, chicken, tomato-shrimp paste, veggie Spicy Sambal & Omelette</i>	Salmon Teriyaki <i>*salmon, teriyaki sauce, sesame seeds</i>	Thai Chicken & Cashew <i>*chicken, cashew nuts, veggie stock, veggies, oyster sauce, herbs, beans, onions</i>	Kao Soi Chicken Curry <i>*chicken, curry paste, coconut milk Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens</i>
	แกงเขียวหวานไก่ + ขนมจีน	ข้าวผัดนาซึโกเร็ง + ไข่เจียว	แซลมอนเทริยากิ	ไก่ผัดเคียวเสียบมะม่วงหิมพานต์	ข้าวซอยไก่
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Mixed Rice (Red, Brown & White Rice)
Thai Option (non-spicy)	Pork Stir fried in Dark Soy Sauce <i>*pork, garlic, soy sauce</i>	Slow Cooked Pork Leg <i>*pork, soy sauce, spices Served with steamed greens & chinese kale</i>	Ribbon Noodles with Pork Gravy (Lad Na) <i>*sliced pork, baby corn, kale, carrots, soy sauce, cornflour</i>	Deep Fried Chicken Wings with Thai Herbs <i>*chicken, Thai herbs</i>	Deep Fried Fish in Sweet and Sour <i>*Sea bass, tomato, cucumber, pineapple, onion, spring onion</i>
	หมูหวาน	ข้าวขาหมู	เส้นใหญ่ราดหมูน้ำหมู	ปีกไก่ทอดสมุนไพร	ปลาผัดเปรี้ยวหวาน
Spicy Vegetarian Option	(V) Thai Green Curry <i>*tofu, curry paste, cauliflower, eggplant, coconut cream, mushroom soy sauce, herbs (V) Fresh Rice-Noodles (Kanom Jeen)</i>	(V) Balinese Fried Rice (Nasi Goreng) <i>*rice, tofu, soy sauce, veggies, cashew nuts, egg (V) Sliced Omelette</i>	(V) Tofu Teriyaki with Broccoli <i>*tofu, broccoli, scallions, sesame seeds, mushroom soy sauce</i>	(V) Vegetarian Cashew Stir fry <i>*mixed vegetables, cashew nuts, herbs, tofu, onions, mushroom soy sauce</i>	(V) Kao Soi Vegetable Curry <i>*curry paste, tofu, coconut cream, vegetables, noodles (V) Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens</i>
	แกงเขียวหวานเต้าหู้ + ขนมจีน	ข้าวผัดนาซึโกเร็ง + ไข่เจียว	เต้าหู้ซอสเทริยากิใส่บร็อคโคลี่	เต้าหู้ผัดเคียวเสียบมะม่วงหิมพานต์	ข้าวซอยมังสวิรัติ
Vegetarian Option (non-spicy)	(V) Macaroni Cheese <i>*pasta, cheese, milk</i>	(V) Creamy Baked Spinach <i>*spinach, mozzarella, cream (V) Baked Tempeh Tamarin Sauce</i>	(V) Son in Law Eggs <i>*fried boiled eggs, tomatoed sauce, deep fried shallots, roasted chillies</i>	(V) Spinach Cannelloni in Tomato Sauce <i>*pasta shells, spinach, mozzarella, tomato sauce, Italian herbs</i>	(V) Tofu Tempura <i>*tofu, cornflour</i>
	มะกะโรนีอบชีส	ผัดไก่อบอบชีส+เหนเป่ผัดสะระชาน	ไข่ลูกเขย	กานเนลโลนีสปิกชีส	เต้าหู้ซุปรวมถั่วทอด
Soup of the Day	Cream of Asparagus Soup <i>*asparagus, onion, veggie stock, cream (V) Miso Soup</i>	Glass Noodle Pork Soup (Gaeng Jud) <i>*minced pork, egg tofu, glass noodles, vegetable, herbs (V) Glass Noodle Vegetable Soup *glass noodles, vegetable, herbs</i>	(V) Miso Soup <i>*miso paste, veggie broth, seaweed, silken tofu</i>	Sour Coconut Soup (Tom Ka Gai) <i>*chicken, coconut cream, galangal, mushrooms, herbs, tomato, onion (V) Miso Soup</i>	(V) Tomato-Basil Soup <i>*tomato sauce, onions, basil (V) Miso Soup</i>
	ซุปรวมโถ้วมิโสะ + ซุปมิโสะ	แกงจืดวุ้นเส้นเต้าหู้หมูสับ + แกงจืดวุ้นเส้นผัก	ซุปรมิโสะ	ต้มยำไก่ + ซุปมิโสะ	ซุปรวมเห็ดเต้าหู้ + ซุปมิโสะ
Salad of the Day	(V) Mixed Bean Salad <i>*chickpeas, kidney beans, peas, corn, onions, peppers</i>	(V) Riceberry Salad <i>*riceberry, cashew nuts, mango, mint, herbs</i>	(V) Crunchy Asian Rainbow Salad <i>*cabbages, carrots, peppers, cashew nuts, nuts, seeds, herbs, sesame-soy dressing</i>	(V) Grilled Veggie Quinoa Salad <i>*quinoa, peppers, mushroom</i>	Hawaiian Chicken Salad <i>*chicken, celery, cashew nuts, raisin, mayonnaise (V) Veggie Pasta Salad *pasta, salad, feta, mayonnaise</i>
	สลัดถั่ว	สลัดข้าวไรซ์เบอร์รี่	สลัดเรนโบว์	สลัดควีนวี	สลัดไก่ฮาวาย
Salad Bar	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Boiled Chicken, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Pork, Beans & Seeds, Pasta Bread, Seasonal Fruits, Yogurt, Soaked Chia	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Roasted Beef, Beans & Seeds, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Kimchi, Boiled Eggs, Roasted Chicken, Beans & Seeds, Tuna, Pasta, Bread, Seasonal Fruits	Fresh Salad Veggies, Steamed Veggies, Boiled Eggs, Boiled Chicken, Beans & Seeds, Pasta, Bread, Seasonal Fruits
Dressings & Condiments	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Cesar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter
Primary Snack AM	Mini Banana Muffin & Milk or Soy Milk	Boiled Quail Eggs & Milk or Soy Milk	Veggie Sticks with Cream Cheese Dip & Milk or Soy Milk	Flapjacks and Milk or Soy Milk	Corn on the Cob and Milk or Soy Milk
Primary Snack PM	Watermelon & Milk or Soy Milk	Apples & Milk or Soy Milk	Mango & Milk or Soy Milk	Yogurt with Frozen Fruit & Milk or Soy Milk	Bananas & Milk or Soy Milk
School lunches and snacks may contain trace amounts of allergens not specifically listed on the menu, menu cards, or ingredient information. If your child has severe allergies or specific dietary requirements, we recommend preparing their food at home and sending them to school with a packed lunch and snack box.					

HeadStart Lunch Menu Week 4					
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Slow Cooked Beef Stew <i>*beef, carrot, potato, tomato sauce</i>	Grilled Fish Fillet <i>*fish, flour, egg Served with Lemon-Butter Sauce</i>	Tray Bake Soft Pizza Slices Options: Chicken, Tuna, Bolognese <i>*wheat flour, tomato, meat, spices, mozzarella</i>	Beef Lasagna <i>*beef, onions, carrot, tomato sauce, Italian herbs, pasta, cheese, mozzarella</i>	Korean Grilled Pork Ribs <i>*pork rib, garlic, gochujang paste</i>
	สเต็กเนื้อ	ปลาอบเกลือซอสมันฝรั่งและซอสลอมอน	พิซซ่าไก่ (ไก่, ทูน่า, ซอสเนื้อ)	ลาซานญ่าเนื้อ	ซี่โครงหมูย่างเกาหลี
Spicy Asian Option	Chilli-Basil Pork Stir fry (Pad Kaprao) <i>*pork, garlic, chili, Thai basil, soy sauce, oyster sauce</i>	Oven Baked Chicken Tandoori <i>*chicken, yogurt, spices</i>	*Chicken Massaman Curry <i>*chicken, spices, potato, onion, curry paste, coconut cream, fish sauce, peanuts</i>	Filipino Chicken Adobo <i>*chicken, soy sauce, vinegar, black pepper</i>	Steamed Fish with Spicy Lemon Sauce <i>* fish, fish sauce, garlic, lime, chili</i>
	ผัดกะเพราหมู + ไข่ดาว	ไก่อบแห้งตุ๋น	แกงมัสมั่นไก่	ไก่อาโดโบ	ปลาร้าต้มเหว้า
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Garlic Rice & Red Rice
Thai Option (non-spicy)	Pineapple Fried Rice <i>*rice, chicken, soy sauce, fish sauce, pineapple, cashew nuts, veggies, egg</i>	Ribbon Noodles & Pork Stir fry (Pad See Ew) <i>*rice noodles, pork, egg, kale, soy sauce</i>	Rice Congee (Khao Tom / Jok) <i>*minced pork & chicken Chicken Fried Rice *chicken, vegetables, soy sauce, eggs</i>	Chicken Noodle Soup <i>*chicken, stock, vegetables, rice noodles</i>	Cabbage Sprouts & Crispy Pork Belly Stir fry <i>*cabbage, oyster sauce, soy sauce, pork belly</i>
	ข้าวผัดไก่ใส่สับปรดและเบคอนมะม่วงหิมพานต์	เส้นใหญ่ผัดซี่โครงหมู	ข้าวต้มหมู / ข้าวผัดไก่	กวนเต้าหู้คั่วต้ม	ผัดกาดเขียวหมูกรอบ
Spicy Vegetarian Option	(V) Pineapple Fried Rice <i>*rice, cashew nuts, veggie sauce, pineapple, veggies</i>	(V) Pad See Ew <i>*rice noodles, tofu, mushrooms, broccoli, egg, veggie sauce</i>	(V) Vegetarian Massaman <i>*tofu, potato, carrot, cauliflower, peanuts, coconut cream, veggie sauce, curry paste</i>	(V) Vegetarian Lasagna <i>*beans, nuts, peas, carrots, tomato sauce, Italian herbs, pasta, mozzarella</i>	(V) Mexican Stuffed Peppers <i>*peppers, rice, quinoa, beans, spices, onions, tomato sauce</i>
	ข้าวผัดสับปรดและเบคอนมะม่วงหิมพานต์	กวนเต้าหู้ผัดซี่โครงเต้าหู้	แกงมัสมั่นผัก	ลาซานญ่าผัก	พริกหวานยัดไส้เม็กซิกัน
Vegetarian Option (non-spicy)	(V) Rigatoni with Pesto <i>*cashedw nuts, parmesan, basil, olive oil</i>	(V) Spicy Indian Potato Patties <i>*potato, onions, spices, egg (V) Yoghurt Raita *yoghurt, cucumber, onions, spices</i>	(V) Pizza Vegetarian <i>*tomato sauce, veggies, no cheese (V) Pasta Margherita *tomato sauce, sweet basil, mozzarella</i>	(V) Pasta in Cheesy Tomato Sauce <i>*pasta, tomato sauce, Italian herbs, cheese, cream</i>	(V) Potato Au Gratin <i>*potato, cream, cheese</i>
	พาสต้าซอสเพสโต	มันฝรั่งคั่วบ่าง	พิซซ่าซอสมะเขือเทศ + มาร์การิตา	พาสต้าซอสมะเขือเทศชีส	มันฝรั่งอบชีส
Soup of the Day	(V) Cream of Corn Soup <i>*corn, veggie stock, cream (V) Miso Soup</i>	Tom Yum Pla (Fish) <i>*fish, herbs, shrimp paste, fish sauce, veggies (V) Tom Yum Mushroom and Tempeh *mushrooms, veggies, mushroom soy sauce</i>	(V) Cream of Mushroom Soup <i>*mushroom, veggie stock, cream (V) Miso Soup</i>	Chicken Soup <i>*chicken, onions, potato, tomato, carrot (V) Miso Soup</i>	(V) Miso Soup <i>*miso paste, veggie broth, seaweed, silken tofu</i>
	ซุปรวมไก่ + ซุปมิโสะ	ต้มยำปลา + ส้มข่าผัดและเหนเป่	ซุปรวมไก่ + ซุปมิโสะ	ซุปรวมมันฝรั่ง + ซุปมิโสะ	ซุปรมิโสะ
Salad of the Day	(V) Greek Salad <i>*tomato, cucumber, peppers, onions, cheese, black olives</i>	(V) Purple Cabbage Salad <i>*cabbage, onions, apples, vinaigrette</i>	(V) Tomato Salad <i>*tomato, onion, basil, cheese</i>	(V) Grilled Eggplant Salad <i>*eggplant, garlic, olive oil, basil</i>	Tuna Pasta Salad <i>*tuna, pasta, corn, mayonnaise (V) Veggie Pasta Salad *pasta, vegetables, feta, mayonnaise</i>
	สลัดกรีก	สลัดกะหล่ำปลีม่วง	สลัดมะเขือเทศ-ชีส	สลัดมะเขือขาว	สลัดพาสต้าทูน่า + สลัดพาสต้ามันฝรั่ง
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