HeadStart Lunch Menu Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Russian Dumplings (Pelmeni) **chicken or pork, egg, flour* *Served with Sour Cream* (V) Russian Dumplings (Pelmeni) **potato, egg, flour*	Oven Roasted Paprika Chicken (V) Potato Au Gratin **potato, cream, cheese*	Spanish Potato-Ham Omelette **potato, onion, egg, ham* (V) Spanish Potato Omelette **potato, onion, egg*	Chili Con Carne **beef, kidney beans, tomato, spices* *Served with Tortilla & Sauteed Mushrooms*	Spaghetti Bolognese, Carbonara **beef, onions, carrot, tomato sauce, Italian herbs* **ham, onions, muahroom, cream*
	เกี๊ยวไก่รัสเซีย	ไก่อบซอสปาปริก้า + มันฝรั่งอบชีส	ไข่สเปนใส่มันฝรั่งและแฮม	เนื้อคอนคาร์เน + ขนมปังตอร์ติย่า + เห็ดผัดกระเทียม	สปาเก็ตตี้ ซอสเนื้อ + คาโบนาร่า
Spicy Asian Option	Korean Beef Bulgogi **beef, ginger, sesame seeds* *sesame oil, spring onion*	Kao Soi Chicken Curry **chicken, curry paste, coconut milk* (V) Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens	Spicy Minced Pork Salad (Larb Moo) **pork, roasted rice, herbs, chili, fish sauce, lime*	Pad Thai Chicken **chicken, bean sprouts, tofu*	Green Curry Chicken Fried Rice **chicken, vegetables, curry paste, fish sauce*
	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) **rice, boiled chicken, chicken stock* *fried shallots, herbs, spices*	Deep Fried Fish with Chilli Sauce **Pangasius fish, garlic, chilli, Thai basil*	Thai Grilled Chicken **chicken, soy sauce, coconut sugar, herbs*	Pork Spare Ribs Soup **pork, shitake mushrooms, goji berries*	Chicken Satay with Peanut Sauce **chicken, spices, peanuts, coconut milk*
	ข้าวหมกไก่	ปลาทอดราดพริก	ไก่ย่าง	ซี่โครงหมูตุ๋นยาจีน	ไก่สะเต๊ะ + ซอสถั่ว
Spicy Vegetarian Option	(V) Spicy Dahl Tadka **yellow lentils, onions, spices, vegetables*	(V) Kao Soi Vegetable Curry **tofu, vegetables, curry paste, rice noodles* (V) Soft & Crunchy Egg Noodles	(V) Moroccan Chickpea Stew **chickpeas, onion, tomato sauce, spices,* *mixed vegetables*	(V) Chilli 'Sin Carne' **mixed beans, vegetables, tomato,* *mushroom, spices, veggie stock*	(V) Spaghetti Marinara **tomato, onion, garlic, basil* (V) Tofu Satay with Peanut Sauce **tofu, spices, peanuts, coconut milk*
	สตูถั่วอินเดีย	ข้าวซอยมังสวิรัติ	ถั่วและผักอบแบบโมร็อคโค	ผักคอนคาร์เนและถั่ว	สะเต๊ะเต้าหู้ + สปาเก็ตตี้ซอสมะเขือเทศ
Vegetarian Option (non-spicy)	(V) Sesame and Vegetable Egg Noodles **Egg noodles, seasame oil, seeds, vegetables*	(V) Thai Omelette with Onion **onion, egg* (V)Stir-FriedTempeh Black Pepper Sauce	(V) Stir-fried Mixed Vegetable **green cabbage, carrot, mushroom, broccoli, baby corn,* *moshroom sauce, soy sauce*	(V) Jacket Potatoes **cheese,spring onoin,sour cream* (V) Tortilla (V) Sauteed Mushrooms	(V) Stir-Fried Egg Noodles with Vegetables & Soya Sauce **egg noodles, vegetable, soya sauce*
	ยากิโซบะ	ไข่เจียวหอมใหญ่+เทมเป้ผัดพริกไทยดำ	ผัดผักรวม	มันอบชีส + ขนมปังตอร์ติย่า + เห็ดผัดกระเทียม	ผัดหมี่สป๊า
Soup of the Day	Chicken Noodle Egg Drop Soup **chicken, rice noodles, egg* (V) Noodle Drop Soup ** rice noodles, veggie stock*	(V) Minestrone Soup **beans, vegetables, veggie stock*	Corn Cream Soup Tom Kha Gai **chicken, coconut cream, corn, fish sauce, herbs* (V) Miso Soup	(V) Pumpkin-Carrot Soup **pumpkin, onion, carrot, veggie stock, cream* (V) Miso Soup	Beef Goulash Soup **beef, onion, potato, zucchini, beef stock,* (V) Miso Soup
	แกงจืดไก่หมี่สั้ว ไข่ + แกงจืดหมี่สั้ว	ซุปผักอิตาเลียน	ซุปข้าวโพดต้มข่าไก่ + ซุปมิโสะ	ซุปฟักทองแครอท + ซุปมิโสะ	ซุปเนื้อกูลาช + ซุปมิโสะ
Salad of the Day	(V) Waldorf Salad **cabbage, apples, celery, cashew nuts,* *raisins, mayonnaise*	Caesar Salad with Bacon **cos salad, parmesan, bacon, egg, mayo, croutons* (V) Caesar Salad **cos salad, parmesan, egg, mayo, croutons*	Som Tam Thai **green papaya, tomato, garlic, chilli, lime,* *coconut sugar, fish sauce,peanuts* (V) Som Tam	(V) Salsa Salad (V) Guacamole **tomato, cucumber, onions, cilantro *avocado*	(V) Cucumbers in Sweet Vinegar **cucumber, shallots, sugar, white vinegar*
	สลัดวอลดอร์ฟ	ซีซ่าร์สลัด	ส้มตำ	สลัดซาลซ่า + สลัดกัวคาโมเล่	แตงกวาน้ำอาจาด
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	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar 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	Ceasar 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	Carrot cake & 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 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Chicken Schnitzel **chicken breast, bread crumbs, egg* (v) Cheese (V) Burger Buns	Roast Beef with Mushroom Gravy (V) Roasted Root Vegetables **potato, sweet potato, carrot, onions*	Grilled Pork Sausages, Fish Fingers **fish fillets, bread crumbs, egg* Mushroom Gravy (V) Mashed Potatoes **potato, cream, milk, cheese*	Italian Meatballs in Tomato Sauce **beef, onion, breadcrumbs, egg, tomato sauce, Italian herbs* (V) Linguine Pasta	(V) Falafels (V) Pita Bread (V) Spicy Eggplant (V) Hummus **chickpeas, tahini, spices, herbs, olive oil*
	เบอร์เกอร์ไก่กรอบ	สเต็กเนื้อ + ผักอบ	ไส้กรอกหมูสดย่าง + มันบด + ปลาทอดชุปเกล็ดขนมปัง	เนื้อบดอิตาเลี่ยนในซอสมะเขือเทศ + เส้นลิงกวีเน	ฟาลาเฟล + ขนมปังพีตา + น้ำพริกมะเขือยาว + ฮัมมัส
Spicy Asian Option	Red Curry with Fish Balls **fish, curry paste, young bamboo, salt, coconut cream*	Chilli-Basil Pork Stir fry (Pad Kaprao) **pork, garlic, chili, Thai basil, soy sauce, oyster sauce*	Indian Chicken Curry **chicken,coconut milk, onions, potatoes, spices*	Onion-Pepper Pork Stir fry **pork, onions, soy sauce, black pepper*	Red Curry Chicken Stir fry **chicken, curry paste, yard long beans, coconut cream, fish sauce*
	แกงเนื้อปลาบดหน่อไม้	ผัดกะเพราหมู + ไข่ดาว	แกงกะหรี่ไก่	หมูผัดพริกไทยดำ	ผัดพริกแกงไก่ถั่วฝักยาว
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) **rice, chicken, broth, garlic, winter melon, herbs*	Boiled Eggs in Chicken Soup (Kai Palo) **chicken, five spices, soy sauce, egg*	Chicken Fried Rice **chicken, vegetables, soy sauce, egg*	Chicken Noodle Soup with Greens **chicken, noodles, vegetables, herbs, fish sauce*	Fried Chicken with Garlic & Pepper **chicken, garlic, black pepper, soy sauce*
	ข้าวมันไก่ + ซุปฟัก	พะโล้ไก่+ไข่	ข้าวผัดไก่	ก๋วยเตี๋ยวไก่ตุ๋น	ไก่ทอดกระเทียมพริกไทย
Spicy Vegetarian Option	(V) Red Curry with Vegetables **tofu, mixed vegetables, white beans, curry paste, coconut cream, mushroom soy sauce*	(V) Greek Vegetable Stew **potato, lentils, peppers, eggplant, courgette, carrot, mushroom, celery, veggie stock*	(V) Indian Chickpea & Potato Curry **chickpeas, yogurt, onions, potatoes, spices*	(V) Oven-baked Ratatouille **tomato, mixed peppers, aubergine, onion, courgette, tomato sauce*	(V) Red Curry Veggie Stir fry **mixed vegetables, cashew nuts, tofu, curry paste, coconut cream, mushroom soy sauce*
	แกงผักรวม	สตูผัก	แกงอินเดียใส่ถั่วลูกไก่ + มันฝรั่ง	ราตาตูย	ผัดพริกแกงผักใส่เม็ดมะม่วงหิมพานต์
Vegetarian Option (non-spicy)	(V) Mini Bean Burgers **chickpeas, beans, nuts, egg*	(V) Veggie Nuggets **veggies, seeds, nuts, egg, four* (V) Grilled Tempeh Garlic sauce	(V) Glass Noodle Veggie Stir fry **mixed vegetables, egg, mushroom, soy sauce, mushroom soy sauce*	(V) Penne with Pesto **cashew nuts, parmesan, basil, olive oil*	(V) Vegetable Tempura **vegetables, cornflour, egg*
	เบอร์เกอร์ถั่ว	นักเก็ตผักรวม+เทมเป้กริวซอสกระเทียม	ผัดวุ้นเส้น	เพนเน่ซอสเพสโต	ผักชุบแป้งทอด
Soup of the Day	French Onion Soup **beef broth, onions, spices* (V) Miso Soup	(V) Miso Soup **miso paste, veggie broth, seaweed, silken tofu*	Italian Fish Soup **fish, tomato, basil, shallot, garlic, cellery* (V) Miso Soup	Cream of Water Cress Soup **water cress, onions, veggie stock, cream* (V) Miso Soup	Cream of Mushroom Soup **mushroom, veggie stock, cream* (V) Miso Soup
	ซุปหัวหอมฝรั่งเศส + ซุปมิโสะ	ซุปมิโสะ	ซุปปลาอีตาเลี่ยน + ซุปมิโสะ	ซุปวอเตอร์เครส + ซุปมิโสะ	ซุปเห็ด + ซุปมิโสะ
Salad of the Day	(V) Coleslaw **cabbage, carrot, apple, mayo*	Potato Salad **potato, carrot, chicken, quail eggs, mayo* (V) Potato Salad **potato, carrot, quail eggs, mayo*	(V) Grilled Pumpkin and Rocket Salad **pumpkin, rocket, cranberries, almond*	Glass Noodle Chicken Salad (Yum Woonsen) **chicken, veggies, fish sauce, glass noodles* (V) Glass Noodle Tofu Salad **veggies, tofu, veggie sauce, glass noodles*	(V) Mixed Salad (V) Beet Root in Vinaigrette
	สลัดโคลสลอว์	สลัดมันฝรั่ง	สลัดฟักทองย่างกับผักร็อกเก็ต	ยำวุ้นเส้นไก่สับ + ยำวุ้นเส้นเต้าหู้	สลัดรวม + สลัดบีทรูท
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	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar 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	Carrot cake & 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 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	Grilled Chicken Teriyaki **chicken, teriyaki sauce*	Popcorn Chicken **chicken, flour, egg, seasoning* (V) Mashed Potato **potato, cream, milk, cheese*	Chinese Beef & Broccoli Stir fry **beef, broccoli,oyster sauce, soy sauce, sesame seeds*	Beef Stroganoff **beef, onions, peppers, cream* Linguine Pasta	Sandwhich Day **bread, cheese slices, tuna salad, roasted pork, roast chicken*
	ไก่ย่างซอสเทริยากิ	ไก่ป๊อปคอร์น + มันบด	ผัดบร็อคโคลี่เนื้อน้ำมันหอย	สโตรกานอฟเนื้อ + เส้นลิงกวีเน	ขนมปังแซนด์วิช + ชีสแผ่น + สลัดทูน่า + หมูอบ + ไก่อบ
Spicy Asian Option	Chicken Green Curry **chicken, curry paste, eggplant, coconut cream, fish sauce, herbs* (V) Fresh Rice-Noodles (Kanom Jeen)	Balinese Fried Rice (Nasi Goreng) **rice, chicken,curry paste, veggies* Spicy Sambal & Omelete	Salmon Teriyaki **salmon, teriyaki sauce, sesame seeds*	Thai Chicken & Cashew **chicken, cashew nuts, chilli paste, veggies, oyster sauce, soy sauce, herbs, onions*	Kao Soi Chicken Curry **chicken, curry paste, coconut milk* Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens
	แกงเขียวหวานไก่ + ขนมจีน	ข้าวผัดนาซิโกเร็ง + ไข่เจียว	แซลมอนเทอริยากิ	ไก่ผัดเมล็ดมะม่วงหิมพานต์	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 **pork, garlic, soy sauce*	Slow Cooked Pork Leg **pork, soy sauce, spices* *Served with steamed greens & chinese kale*	Ribbon Noodles with Pork Gravy (Lad Na) **sliced pork, baby corn, kale, carrots, soy sauce, cornflour*	Deep Fried Chicken Wings with Thai Herbs **chicken, thai herbs*	Deep Fried Fish in Sweet and Sour **Sea bass, tomato, cucumber, pineapple, onion, spring onion*
	หมูหวาน	ข้าวขาหมู	เส้นใหญ่ราดหน้าหมู	ปีกไก่ทอดสมุนไพร	ปลาผัดเปรี้ยวหวาน
Spicy Vegetarian Option	(V) Thai Green Curry **tofu, curry paste, cauliflower, eggplant, coconut cream, mushroom soy sauce, herbs* (V) Fresh Rice-Noodles (Kanom Jeen)	(V) Balinese Fried Rice (Nasi Goreng) **rice, tofu, soy sauce, veggies, cashew nuts, egg* (V) Sliced Omelete	(V) Tofu Teriyaki with Broccoli **tofu, broccoli, scallions, sesame seeds, mushroom soy sauce*	(V) Vegetarian Cashew Stir fry **mixed vegetables, cashew nuts, herbs, tofu, onions, mushroom soy sauce*	(V) Kao Soi Vegetable Curry **curry paste, tofu, coconut cream, vegetables, noodles* (V) Soft & Crunchy Egg Noodles, Fresh Shallots & Pickled Mustard Greens
	แกงเขียวหวานผักเต้าหู้ + ขนมจีน	ข้าวผัดนาซิโกเร็ง + ไข่เจียว	เต้าหู้ซอสเทอริยากิใส่บร็อคโคลี่	เต้าหู้ผัดเมล็ดมะม่วงหิมพานต์	ข้าวซอยมังสวิรัติ
Vegetarian Option (non-spicy)	(V) Macaroni Cheese **pasta, cheese, milk*	(V) Creamy Baked Spinach **spinach, mozzerella, cream* (V) Baked Tempeh Tamarin Sauce	(V) Son in Law Eggs **fried boiled eggs, tamarind sauce, deep fried shallots, roasted chillies*	(V) Spinach Cannelloni in Tomato Sauce **pasta shells, spinach, mozzarella, tomato sauce, Italian herbs*	(V) Tofu Tempura **tofu, cornflour, chive, bean sprouts*
	มะกะโรนีอบชีส	ผักโขมอบชีส+เทมเป้ซอสมะขาม	ไข่ลูกเขย	กานเนโลนีผักโขม	เต้าหู้ชุบแป้งทอด
Soup of the Day	Cream of Asparagus Soup **asparagus, onion, veggie stock, cream* (V) Miso Soup	Glass Noodle Pork Soup (Gaeng Jud) **minced pork, egg tofu, glass noodles, vegtable, herbs,soy sauce* (V) Glass Noodle Vegetable Soup **glass noodles, vegtable, herbs*	(V) Miso Soup **miso paste, veggie broth, seaweed, silken tofu*	Sour Coconut Soup (Tom Ka Gai) **chicken, coconut cream, galangal, mushrooms, herbs, tomato, onion* (V) Miso Soup	(V) Tomato-Basil Soup **tomato sauce, onions, basil* (V) Miso Soup
	ซุปหน่อไม้ฝรั่ง + ซุปมิโสะ	แกงจืดวุ้นเส้นเต้าหู้หมูสับ + แกงจืดวุ้นเส้นผัก	ซุปมิโสะ	ต้มข่าไก่ + ซุปมิโสะ	ซุปมะเขือเทศ + ซุปมิโสะ

Salad of the Day	(V) Mixed Bean Salad **chickepeas, kidney beans, peas, corn, onions, peppers* สลัดถั่ว	(V) Riceberry Salad **riceberry, cashew nuts, mango, mint, herbs* สลัดข้าวไรซ์เบอร์รี่	(V) Crunchy Asian Rainbow Salad **cabbages, carrots, peppers, cashew nuts, nuts, seeds, herbs, sesame-soy dressing* สลัดเรนโบว์	(V) Grilled Veggie Quinoa Salad **quinoa, peppers, mushroom* สลัดควินัว	Hawaiian Chicken Salad **chicken,painepple,cashew nuts, raisin, mayonnaise* (V) Veggie Pasta Salad **pasta, salad, feta, mayonnaise* 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	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Suce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter
Primary Snack AM	Mini Banana Muffin & Milk or Soy Milk	Carrot cake & 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 **beef, carrot, potato, tomato sauce* สตูเนื้อ	Grilled Fish Fillet **fish, flour, egg* *Served with Lemon-Butter Sauce* ปลาอบเกล็ดขนมปังและซอสเลมอน	Tray Bake Soft Pizza Slices Options: Chicken, Tuna, Bolognese **wheat flour, tomato, meat, spices, mozzarella* พิซซ่า (ไก่, ทูน่า, ซอสเนื้อ)	Beef Lasagna **beef, onions, carrot, tomato sauce, Italian herbs, pasta, cheese, mozzarella* ลาซานญ่าเนื้อ	Korean Grilled Pork Ribs **pork rib, garlic, gochujang paste* ซี่โครงหมูย่างเกาหลี
Spicy Asian Option	Chilli-Basil Pork Stir fry (Pad Kaprao) **pork, garlic, chili, Thai basil, soy sauce, oyster sauce* ผัดกะเพราหมู + ไข่ดาว	Oven Baked Chicken Tandoori **chicken, yogurt, spices* ไก่อบทันดูรี	Chicken Massaman Curry **chicken, spices, potato, onion, curry paste, coconut cream, fish sauce, peanuts* แกงมัสมั่นไก่	Filipino Chicken Adobo **chicken, soy sauce, vinegar, black pepper* ไก่อาโดโบ	Steamed Fish with Spicy Lemon Sauce ** fish, fish sauce, garlic, lime, chili* ปลานึ่งมะนาว
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 **rice, chicken, soy sauce, fish sauce, pineapple, cashew nuts, veggies, raisin,curry powder* ข้าวผัดไก่ใส่สับปะรดและเม็ดมะม่วงหิมพานต์	Ribbon Noodles & Pork Stir fry (Pad See Ew) **rice noodles, pork, egg, kale, soy sauce* เส้นใหญ่ผัดซีอิ๊วหมู	Rice Congee (Khao Tom / Jok) **minced pork & chicken* Chicken Fried Rice **chicken, vegetables, soy sauce, eggs* ข้าวต้มหมู / ข้าวผัดไก่	Chicken Noodle Soup **chicken, stock, vegetables, rice noodles* ก๋วยเตี๋ยวไก่ตุ๋น	Cabbage Sprouts & Crispy Pork Belly Stir fry **cabbage, oyster sauce, soy sauce, pork belly* ผัดผักแขนงหมูกรอบ
Spicy Vegetarian Option	(V) Pineapple Fried Rice **rice, cashew nuts, veggie sauce, pineapple, veggies, raisin, curry powder* ข้าวผัดสับปะรดและเม็ดมะม่วงหิมพานต์	(V) Pad See Ew **rice noodles, tofu, mushrooms,kale, egg, veggie sauce* ก๋วยเตี๋ยวผัดซีอิ๊วเต้าหู้	(V) Vegetarian Massaman **tofu, potato, carrot, cauliflower, peanuts, coconut cream, veggie sauce, curry paste* แกงมัสมั่นผัก	(V) Vegetarian Lasagna **beans, nuts, peas, carrots, tomato sauce, Italian herbs, pasta, mozzarella* ลาซานญ่าผัก	(V) Mexican Stuffed Peppers **peppers, rice, quinoa, beans, spices, onions, tomato sauce* พริกหวานยัดไส้เม็กซิกัน
Vegetarian Option (non-spicy)	(V) Rigatoni with Pesto **cashew nuts, parmesan, basil, olive oil* พาสต้าซอสเพสโต	(V) Spicy Indian Potato Patties **potato, onions, spices, egg* (V) Yoghurt Raita **yoghurt, cucumber, onions, spices* มันฝรั่งบดย่าง	(V) Pizza Vegetarian **tomato sauce, veggies, cheese* (V) Pizza Margherita **tomato sauce, sweet basil, mozzarella* พิซซ่าซอสมะเขือเทศ + มาร์การิต้า	(V) Pasta in Cheesy Tomato Sauce **pasta, tomato sauce, Italian herbs, cheese, cream* พาสต้าซอสมะเขือเทศชีส	(V) Potato Au Gratin **potato, cream, cheese* มันฝรั่งอบชีส

Soup of the Day	(V) Cream of Corn Soup *corn, veggie stock, cream* (V) Miso Soup	Tom Yum Pla (Fish) *fish, herbs, shrimp paste, fish sauce, veggies* (V) Tom Yum Mushroom and Tempeh *mushrooms, veggies, mushroom soy sauce*	(V) Cream of Mushroom Soup *mushroom, veggie stock, cream* (V) Miso Soup	Chicken Soup *chicken, onions, potato, tomato, carrot* (V) Miso Soup	(V) Miso Soup *miso paste, veggie broth, seaweed, silken tofu*
	ซุปข้าวโพด + ซุปมิโสะ	ต้มยำปลา+ ต้มยำเห็ดและเทมเป้	ซุปเห็ด + ซุปมิโสะ	ซุปไก่มันฝรั่ง + ซุปมิโสะ	ซุปมิโสะ
Salad of the Day	(V) Greek Salad *tomato, cucumber, peppers, onions, cheese, black olives*	(V) Purple Cabbage Salad *cabbage, onions, apples, vinaigrette*	(V) Tomato Salad *tomato, onion, basil, cheese*	(V) Grilled Eggplant Salad *eggplant, garlic, olive oil, basil*	Tuna Pasta Salad *tuna, pasta, corn, mayonnaise,veggies* (V) Veggie Pasta Salad *pasta, vegetables, feta, mayonnaise*
	สลัดกรีก	สลัดกะหล่ำปลีม่วง	สลัดมะเขือเทศ+ชีส	สลัดมะเขือยาว	สลัดพาสต้าทูน่า + สลัดพาสต้ามังสวิรัติ
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, 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	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Butter	Ceasar Dressing, French Dressing, Italian Dressing, Balsamic Vinaigrette, Soy Sauce, Prik Nam Pla, Sesame-Soy Dressing, Balsamic Vinegar, Olive Oil, Mustard, Honey, Butter, Peanut Butter	Ceasar 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	Carrot cake & 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.