




October 2021



Lunch Menu(12pm)

Monday	Tuesday	Wednesday	Thursday	Friday
1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)
(10/4) Maki rolls, Udon with fish cake, Broccoli, Fresh fruits	Vegetable Fried Rice, Chicken Dumpling, Fresh Fruits	Spinach Bean Paste Soup w/ tofu, Rice, Sweetened saute fish cakes, pickled radish, Fresh fruits	Pork Katsu with Rice, Veggies, Fresh fruits	Cheese Pizza, Carrot sticks, Fresh fruits
2nd & 4th Weeks(even)	2nd & 4th Weeks(even)	2nd & 4th Weeks(even)	2nd & 4th Weeks(even)	2nd & 4th Weeks(even)
Salmon Teriyaki, Rice, Salad, Pickled radish, Fresh fruits	Spaghetti with meat and cheese, Fresh fruits	Rice with sweetened Fried anchovies, Tofu, Salted seaweed, Fresh fruits	Chicken Dumpling, Rice, Tempura fish cake, Fresh fruits	Chicken strips, French fries, Carrot sticks, Fresh fruits

Brunch Menu (10am)

1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)	1st & 3 Weeks (odd)
(10/4) Egg, sausage & Cheese Omelet Fresh fruits	Boiled Eggs, Toast with Jam, Chicken apple Sausage, Fresh fruits	French toast w/ maple syrup, Sweet potatoes, Fresh fruits	Toast w/ butter & jam, yogurt, Fresh fruits	Cheerios Cereal w/ milk, Cheese sticks, Fresh fruits
2nd & 4th Weeks (even)	2nd & 4th Weeks (even)	2nd & 4th Weeks (even)	2nd & 4th Weeks (even)	2nd & 4th Weeks (even)
Scrambled eggs, Toast with butter & jam, Chicken artichoke sausage, Fresh fruits	Pancake w/ maple syrup, Cheese sticks, Fresh fruits	Oatmeal with raisins, Scrambled eggs, Fresh fruits	Waffles w/ maple syrup, Apple Chicken sausages, Hard boiled eggs, Fresh fruits	Parfait 

The menu can change slightly without a further notice. All meals are served with lactose free organic milk. Little Star Basics 415) 323-9704