



Montessori Homeschool of Poway

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Adobo w Rice	Pasta Marinara	Quesadilla	Egg Fried Rice	Mac and Cheese W Chicken Nuggets
Quesadilla Pizza	Aglio e Olio	Tinola (Chicken ginger soup) veggies and Steamed Rice	Egg Fried Rice	Mac and Cheese W/ Tater Tots
Chicken Teriyaki w/ Steamed Rice	Buttered Pasta	Quesadilla	Egg Fried Rice	Mac and Cheese W/ Chicken Nuggets
Quesadilla Pizza	Pasta Alfredo	Chicken Noodle Soup w/ Vegetables	Egg Fried Rice	Mac and Cheese W/ Tater Tots

Menu may change without notice. Tuesdays and Thursdays are always vegetarian menu.