



2026

milk and fruit
served daily

Monday	Tuesday	Wednesday	Thursday	Friday
Tofu in lieu of the main protien is available upon request.				
3	4	5	6	7
Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini	BBQ Chicken燒雞/烧鸡, Cauliflower, Green Beans Brown Rice	Stir-Fry Pork 炒猪肉, Napa Cabbage w/ Carrots, Zucchini
10	11	12	13	14
Miso Glazed Cod 味噌釉面鱈鱼, Mixed Vegetables, Green Beans	Chicken Lo Mein Bowl雞肉撈麵,w/ Shredded Cabbage, Carrots & Onion, Bok Choy	Beef and Broccoli 牛肉和西蘭花,Cauliflower , Glazed Carrots	Turkey Burger 火鸡汉堡 with Swiss Cheese, Lettuce, Tomato, WW Bun, Potato Salad	Kung Pao Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
17	18	19	20	21
Swedish Turkey Meatballs 瑞典火鸡肉丸, Mashed Potatoes, Mixed Vegetables	Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	Kung Pao Pork 宮保猪肉, Chop Suey, Peas and Carrots	Breaded Fish Sandwich 炸鱼三明治 w/ Lettuce & Tomato, Marinated Cucumbers	Chicken Alfredo with WW Pasta 鸡肉意面, Roasted Broccoli and Seasoned Carrots
24	25	26	27	28
Beef Fajitas 墨西哥铁板牛肉, w/Bell Pepper & Onion, Mixed Veg	Chicken Soup 鸡汤 with Cabbage, Carrots & Rice	BBQ Pork Sandwich 燒烤猪肉, Superfood Coleslaw, Rosemary Potatoes	Spaghetti with Meatballs 肉丸意大利面, Side Salad	Lemon Pepper Shrimp 檸檬胡椒蝦, Chop Suey, Steamed Broccoli
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Chicken Parmesan 帕尔玛鸡肉, Normandy Mixed Vegetables & WW Roll	 			