



Monday	Tuesday	Wednesday	Thursday	Friday
Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Tofu option in lieu of A meal protein is available.				
2	3	4	5	6
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	Mongolian Beef 照燒牛肉, Cauliflower, Peas and Carrots	Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini
9	10	11	12	13
Miso Glazed Cod 味噌釉面鳕鱼, Mixed Vegetables, Green Beans	Beef and Broccoli 牛肉和西蘭花, Bok Choy, Cauliflower	Orange Chicken 橙子雞, Carrots, Broccoli	Turkey Burger 火雞肉漢堡 w/ Swiss Cheese Lettuce, Tomato on WG Bun Potato Salad	Kung Pao Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
16	17	18	19	20
CENTER CLOSED 	Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	Kung Pao Pork 胡椒豬肉, Chop Suey, Peas and Carrots	Breaded Fish Sandwich 金枪鱼沙拉三明治 w/ Lettuce & Tomato, Marinated Cucumbers	Chicken Alfredo, 雞肉意大利麵 WW Pasta, Roasted Broccoli and Seasoned Carrots
23	24	25	26	27
Turkey Stir Fry 牛肉炒 with Red Bell Peppers & Onion, Asian Mixed Vegetables	Chicken Soup with Cabbage 高麗菜雞湯, Carrots & Rice	BBQ Pork Sandwich 燒烤豬肉, 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



EVERYTABLE

milk and fruit served daily