

January 2026

Milk & Fruit Served Daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 6				CENTER CLOSED - New Year's Day	Lemon Pepper Shrimp 檸檬胡椒蝦, Chop Suey, Steamed Broccoli
	5	6	7	8	9
Week 7	Chicken Parmesan 帕尔玛鸡肉, Normandy Mixed Vegetables & WW Roll	Sweet and Sour Pork 糖醋猪肉, Roasted Yellow Squash, Chop Suey	Ground Beef Stir-Fry with Mixed Vegetables 炒猪肉, Sesame Carrots	Roasted White Fish 白鱼 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans	Beef & Noodle Soup with Onion, Carrots & Bok Choy
	12	13	14	15	16
Week 8	Chicken Club Salad 沙拉 with Shredded Carrot, Bacon, Cherry Tomatoes Ranch Dressing & WW Dinner Roll	Thai Coconut Shrimp Soup w/ Rice 椰子虾汤, Mushroom & Green Bell Pepper/Tomato	Sesame Chicken 芝麻雞, Green Beans, Asian Mixed Vegetable	Ginger and Scallion Beef 薑蔥牛肉, Napa Cabbage, Asian Mixed Veg	Kung Pao Pork 宮保猪肉, Napa Cabbage, Broccoli
	19	20	21	22	23
Week 1	CENTER CLOSED	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Kung Pao Chicken 炒鸡, Roasted Yellow Squash, Asian Mixed Vegetables	Pork Egg Roll Bowl 猪肉蛋捲, Peas and Carrots, Broccoli	Chicken Breast Strips 烤箱炸雞, Mashed Potato w/ Gravy, Corn
	26	27	28	29	30
Week 2	Bang Bang Fish 芝麻姜牛肉, Broccoli, Yellow Squash	Sticky Pork Ribs 黏牛肋骨, Napa Cabbage, Asian Mixed Vegetable	Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans	BBQ Baked Chicken 烤雞, Green Beans, Mixed Vegetables	Sweet and Sour Pork 糖醋豆腐, Bok Choy, Asian Mixed Vegetable