


December 2025

Milk & Fruit Served Daily

Tofu available in lieu of 'A' meal protein.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	1 Bang Bang Fish 芝麻姜牛肉, Broccoli, Yellow Squash	2 Sticky Pork Ribs 黏牛肋骨, Napa Cabbage, Asian Mixed Vegetable	3 Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans	4 Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans	5 Sweet and Sour Pork 糖醋豆腐, Bok Choy, Asian Mixed Vegetable
Week 2	8 Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	9 Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	10 Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini	11 Mongolian Beef 照燒牛肉, Cauliflower, Peas and Carrots	12 Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini
Week 3	15 Miso Glazed Cod 味噌釉面鱈魚, Mixed Vegetables, Green Beans	16 Beef and Broccoli 牛肉和西蘭花, Bok Choy, Cauliflower	17 Orange Chicken 橙子雞, Carrots, Broccoli	18 Turkey Burger 牛肉炒 with Swiss Cheese Lettuce, Tomato on WG Bun Potato Salad	19 Kung Pao Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
Week 4	22 Green Goddess Turkey Meatballs 牛肉炒, Roasted Potatoes, Stewed Tomatoes & WG Dinner Roll	23 Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	24 French Toast Pork Sausages Sweet Potato Hash V8 Juice	25 CLOSED CHRISTMAS DAY	26 Chicken Alfredo with WW Pasta 烤箱炸雞, Roasted Broccoli and Seasoned Carrots
Week 5	29 Turkey Stir Fry 牛肉炒 with Red Bell Peppers & Onion, Asian Mixed Vegetables	30 Chicken Soup 烤箱炸雞 with Cabbage, Carrots & Rice	31 BBQ Pork Sandwich 燒烤豬肉, Superfood Coleslaw, Rosemary Potatoes	1  CITY OF PHOENIX HUMAN SERVICES DEPARTMENT	2  SENIOR PROGRAMS CITY OF PHOENIX SENIOR CENTER

 **SELRICO**
SERVICES