



JULY 2026

milk and fruit served daily

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served Monday through Friday at 11:30 a.m. Meal reservations and cancellations must be made at least three business days in advance. Tofu in lieu of meal protein is available.</p>				
		1	2	3
		BBQ Pork Sandwich 燒烤豬肉, Superfood Coleslaw, Rosemary Potatoes	Spaghetti with Meatballs 肉丸意大利面, Side Salad	CENTER CLOSED Holiday 
6	7	8	9	10
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	Beef Chili 香辣牛肉, Macaroni & Cheese, Broccoli	Roasted White Fish 柑橘釉烤鱼 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans	Beef 炒猪肉 & Noodle Soup with Onion, Carrots & Bok Choy
13	14	15	16	17
Chicken 芝麻雞 Club Salad 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
20	21	22	23	24
Mandarin Glazed Baked Fish 柑橘釉烤鱼, Zucchini, Chop Suey	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Smothered Turkey 焖火鸡, Mashed Sweet Potatoes, Green Beans	Ginger Glazed Sticky Pork 蜜汁姜香烤猪肉, Broccoli, Parsley Carrots	Chicken Breast Strips 烤箱炸雞, Mashed Potato w/ Gravy, Corn
27	28	29	30	31
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	Chicken & Cabbage Stir- Fry 鸡肉炒包菜, Green Beans, Mixed Vegetables	Sweet and Sour Pork 糖醋豆腐, Bok Choy, Asian Mixed Vegetable