



October 2026 Chinese Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			1 BBQ Chicken 燒雞/燒 鸡, Cauliflower, Green Beans	2 Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini
5 Bang Bang Fish 碎碎虾 Broccoli, Yellow Squash	6 Sticky Pork Ribs 黏豬 肋骨, Napa Cabbage, Asian Mixed Vegetable	7 Beef Taco Bowl 碎牛肉 塔可 with Lettuce, Tomatoes & Cheddar, Pinto Beans	8 Chicken & Cabbage Stir-Fry 鸡肉炒包菜, Green Beans, Mixed Vegetables	9 Sweet and Sour Pork 糖醋豬肉, Bok Choy, Asian Mixed Vegetable
12 HOLIDAY CENTER CLOSED	13 Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrots	14 Soy Baked Fish 豆油焗 魚, Asian Mixed Vegetable, Zucchini	15 BBQ Chicken 燒烤雞, Cauliflower, Green Beans	16 Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini
19 Miso Glazed Cod 味噌 烤鱈鱼, Mixed Vegetables, Green Beans	20 Chicken Lo Mein Bowl 雞肉撈麵, w/ Shredded Cabbage, Carrots & Onion, Bok Choy	21 Beef and Broccoli 牛肉 和西蘭花, Cauliflower, Glazed Carrots	22 CENTER CLOSED FOR ALL STAFF MEETING	23 Kung Pao Shrimp 宮保 小蝦, Chop Suey, Asian Vegetable

26 Swedish Turkey Meatballs 瑞典火鸡肉 丸, Mashed Potatoes, Mixed Vegetables	27 Sweet and Sour Chicken 酸甜雞, Bok Choy, Mixed Vegetables	28 Kung Pao Pork 宮保豬 肉, Chop Suey, Peas and Carrots	29 Breaded Fish Sandwich 炸魚片三 明治 w/ Lettuce & Tomato, Marinated Cucumbers	30 Chicken Alfredo with WW Pasta 雞肉意大利 麵, Roasted Broccoli and Seasoned Carrots
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- Milk and fruit served daily
- Meal reservations required 4 days in advance
- Tofu in lieu of meal protein is available
- Suggested contribution of \$2.50 for members 60 and older
- \$ per meal for members 59 and under