

2024

FEBRUARY

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 2	29	30	31	01	02
				Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini	Sweet and Sour Pork 糖醋豬肉, Roasted Yellow Squash, Chop Suey
WEEK 3	05	06	07	08	09
	General Tso's Chicken 左宗棠雞, Napa Cabbage, Peas and Carrots	Beef and Broccoli 牛肉和西蘭花,, Carrots, Cauliflower	Roasted Pork Loin 烤豬肉, Sweet Potato Mash, Green Beans	Orange Chicken 橙子雞, Bok Choy, Broccoli	Kung Poa Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
WEEK 4	12	13	14	15	16
	Stir-Fry Pork 炒豬肉, Napa Cabbage w/ Carrots, Zucchini	Sweet and Sour Chicken 酸甜雞, Bok Choy, Roasted Eggplant	Monogolian Beef 蒙古牛肉, Brussel Sprouts, Mushrooms	Krab Salad on Mixed Greens 混合蔬菜蟹肉沙拉, Cucumber and Tomato, WW Crackers	Oven Baked Black Bean Chicken 黑豆焗雞, Yellow Squash, Chop Suey
WEEK 5	19	20	21	22	23
	Beef Tacos 牛肉炸玉米餅, Pinto Beans, Chuckwagon Corn	Honey Garlic Chicken 蜂蜜蒜蓉雞, Bok Choy, Cauliflower	BBQ Pork Sandwich 燒烤豬肉, Superfood Coleslaw, Rosemary Potatoes	Sticky Beef Ribs 黏牛肋骨, Napa Cabbage, Asian Mixed Vegetable	Oven Baked Fish 烤魚, Cabbage, Glazed Carrots
	26	27	28	29	01

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WEEK 6	Chicken Pad Thai 泰式雞肉河粉, Ginger Glazed Carrots, Cauliflower	Turkey Stir-Fry 炒火雞,, Bok Choy, Roasted Eggplant	Kung Poa Pork 宮保豬肉, Napa Cabbage, Broccoli	Country Fried Steak 炸牛排, Mashed Potato, Mixed Vegetable	