

November 2025

Milk & Fruit Served Daily
in lieu of Meal Protein Available

Tofu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3	4	5	6	7
Week 5	Turkey Stir Fry 牛肉炒 with Red Bell Peppers & Onion, Asian Mixed Vegetables	Chicken Soup 烤箱炸雞 with Cabbage, Carrots & Rice	BBQ Pork Sandwich 燒烤豬肉, Superfood Coleslaw, Rosemary Potatoes	Spaghetti with Meatballs 肉丸意大利面, Side Salad	Lemon Pepper Shrimp 檸檬胡椒蝦, Chop Suey, Steamed Broccoli
	10	11	12	13	14
Week 6	Chicken Parmesan 帕尔玛鸡肉, Normandy Mixed Vegetables & WW Roll	Sweet and Sour Pork 糖醋豬肉, Roasted Yellow Squash, Chop Suey	Ground Beef Stir-Fry with Mixed Vegetables 炒豬肉, Sesame Carrots	Roasted White Fish 柑橘釉烤鱼 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans	Beef 炒豬肉 & Noodle Soup with Onion, Carrots & Bok Choy
	17	18	19	20	21
Week 7	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 宮保豬肉, Napa Cabbage, Broccoli
	24	25	26	27	28
Week 8	Mandarin Glazed Baked Fish 柑橘釉烤鱼, Zucchini, Chop Suey	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Kung Pao Chicken 炒鸡, Roasted Yellow Squash, Asian Mixed Vegetables	CLOSED THANKSGIVING DAY	Chicken Breast Strips 烤箱炸雞, Mashed Potato w/ Gravy, Corn

