



Tofu available in lieu of meal protien

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	28	29	30	31	1
2					Stir-Fry Pork 炒猪肉, Napa Cabbage w/ Carrots, Zucchini
WEEK 2	4	5	6	7	8
3	Miso Glazed Cod 味噌釉面鳕鱼, Napa Cabbage, Green Beans	Beef and Broccoli 牛肉和西蘭花, Bok Choy, Cauliflower	Orange Chicken 橙子雞, Carrots, Broccoli	Roasted Pork Loin 烤猪肉, Sweet Potato Mash, Italian Mixed Veg	Kung Pao Shrimp 宮保小蝦, Chop Suey, Asian Vegetable
WEEK 3	11	12	13	14	15
4	Pepper Pork 胡椒猪肉, Chop Suey, Peas and Carrots	Sweet and Sour Chicken 酸甜雞, Bok Choy, Roasted Eggplant	Monogolian Beef 蒙古牛肉, Brussel Sprouts, Mushrooms	Breaded Fish Sandwich 金枪鱼沙拉三明治 w/ Lettuce & Tomato, Marinated Cucumbers	Spaghetti with Meatballs 肉丸意大利面, Side Salad
WEEK 4	18	19	20	21	22
5	Beef Stir Fry 牛肉炒 with Red Bell Peppers & Onion, Asian Mixed Vegetables	Tuna Noodle Casserole 金枪鱼砂锅 w/ Spinach & Glazed Carrots	Orange Chicken 橙子雞, Carrots, Broccoli	Honey Garlic Chicken 蜂蜜蒜蓉雞, Bok Choy, Cauliflower	Sticky Pork Ribs 黏牛肋骨, Napa Cabbage, Asian Mixed Vegetable
WEEK 5	25	26	27	28	29
6	Chicken Pad Thai 泰式雞肉河粉, Ginger Glazed Carrots, Cauliflower	Sweet and Sour Pork 糖醋猪肉, Roasted Yellow Squash, Chop Suey	Bang Bang White Fish 白鱼, Peas and Carrots, Mushrooms	Chicken Parmesan 帕尔玛鸡肉, Mashed Potato, Mixed Vegetable & WW Roll	Ground Pork Stir-Fry 炒猪肉, Bok Choy, Roasted Eggplant