

JULY

2025



milk and fruit served daily



Monday	Tuesday	Wednesday	Thursday	Friday
Tofu option in lieu of A meal protien is available for all meals.				
	1 Sweet and Sour Pork 糖醋猪肉, Roasted Yellow Squash, Chop Suey	2 Bang Bang White Fish 白鱼, Peas and Carrots, Mushrooms	3 Chicken Parmesan 帕尔玛鸡肉, Mashed Potato, Mixed Vegetable & WW Roll	4 CENTER CLOSED Independence Day Holiday <i>Fourth of July</i> INDEPENDENCE DAY
7	8	9	10	
Ginger and Scallion Beef 薑葱牛肉, Napa Cabbage, Asian Mixed Veg	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	Krab Salad 蟹沙拉 on Mixed Greens, Marinated Cucumbers	Kung Pao Pork 宫保猪肉, Napa Cabbage, Broccol
14	15	16	17	18
Stir-Fry Chicken 炒鸡, Roasted Yellow Squash, Asian Mixed Vegetables	Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms	Pork Egg Roll Bowl 猪肉蛋捲, Peas and Carrots, Broccoli	Mandarin Glazed Baked Fish 柑橘釉烤鱼, Zucchini, Chop Suey	Chicken Breast Strips 烤箱炸鸡, Mashed Potato w/ Gravy, Corn
21	22	23	24	25
Sweet and Sour Pork 糖醋豆腐, Bok Choy, Asian Mixed Vegetable	BBQ Baked Chicken 烤雞, Green Beans, Napa Cabbage	Ground Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto beans	Lemon Pepper Shrimp 檸檬胡椒蝦, Chop Suey, Dilled Carrots	Sesame Ginger Beef 芝麻姜牛肉, Broccoli, Yellow Squash
28	29	30	31	
Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots	Country Fried Steak w/ Gravy 炸牛排, Mashed Potato, Buttered Carrot	Soy Baked Fish 豆油焗魚, Asian Mixed Vegetable, Zucchini	Teriyaki Beef 照燒牛肉, Cauliflower, Peas and Carrots	