



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meal reservations and cancellations must be made at least three business days in advance. Members age 60+ may give a recommended contribution of \$2.50 per meal. The cost of a meal for all others is \$5. Tofu option in lieu of A meal protein is available.</p>				
2	3	4	5	6
<p>Chicken Parmesan 帕尔玛鸡肉, Normandy Mixed Vegetables & WW Roll</p>	<p>Sweet and Sour Pork 糖醋猪肉, Roasted Yellow Squash, Chop Suey Brown Rice</p>	<p>Ground Beef Stir-Fry with Mixed Vegetables 牛肉末炒菜, Sesame Carrots</p>	<p>BrocRoasted White Fish 烤白鱼 with Ginger Scallions & Soy, Roasted Eggplant, Garlic Green Beans</p>	<p>Beef & Noodle Soup 牛肉麵湯 with Onion, Carrots, & Bok Choy</p>
9	10	11	12	Onion, Carrots & Bok Choy
<p>Chicken Club Salad 雞肉俱樂部沙拉 with Shredded Carrot, Bacon, Cherry Tomatoes Ranch Dressing & WW Dinner Roll</p>	<p>Thai Coconut Shrimp Soup w/ Rice 椰子虾汤, Mushroom & Green Bell Pepper/Tomato</p>	<p>Sesame Chicken 芝麻雞, Green Beans, Asian Mixed Vegetables</p>	<p>Ginger and Scallion Beef 薑蔥牛肉, Napa Cabbage, Asian Mixed Vegetables</p>	<p>Kung Pao Pork 宮保豬肉, Napa Cabbage, Broccoli</p>
16	17	18	19	20
<p>Mandarin Glazed Baked Fish 柑橘釉烤鱼, Zucchini, Chop Suey</p>	<p>Szechuan Beef 四川牛肉, Napa Cabbage, Mushrooms</p>	<p>Kung Pao Chicken 炒鸡, Roasted Yellow Squash, Asian Mixed Vegetables</p>	<p>Pork Egg Roll Bowl 猪肉蛋捲, Peas and Carrots, Broccoli</p>	<p>Chicken Breast Strips 烤箱炸雞, Mashed Potato w/ Gravy, Corn</p>
23	24	25	26	27
<p>Bang Bang Fish 碎碎魚, Broccoli, Yellow Squash</p>	<p>Sticky Pork Ribs 蜜汁豬肋排, Napa Cabbage, Asian Mixed Vegetable</p>	<p>Beef Taco Bowl 碎牛肉炸玉米饼 with Lettuce, Tomatoes & Cheddar, Pinto Beans</p>	<p>BBQ Baked Chicken 烤雞, Green Beans, Mixed Vegetables</p>	<p>Sweet and Sour Pork 甜酸肉, Bok Choy, Asian Mixed Vegetable</p>
30	31			
<p>Miso Chicken Soup 味噌鸡汤 with Cabbage & Carrots</p>	<p>CENTER CLOSED Cesar Chavez Day Holiday</p>			



milk and fruit served daily
Se sirven leche y fruta a diario